



Healthy Eating on the Run

Regal Medical Group, Inc., Lakeside Community Healthcare, and ADOC Medical Group Education Health Series

Often times, people choose fast, easy, and good-tasting meals to fit their on-the-go lifestyle. There are smart choices wherever you go, whether it's carry-out, the food court, or a sit-down restaurant.

Here are some tips to help you eat healthier when you're on the run:

1. Some restaurant menus may have a special section for healthier choices. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories include: "baked", "braised", "broiled", "grilled", "poached", "roasted", or "steamed".
2. Order regular or child-size portions. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
3. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
4. Split your order. Share an extra large sandwich or main course with a friend, or take half home for another meal. Order one dessert with enough forks for everyone at the table to have a bite.
5. You can boost the nutrition in all types of sandwiches by adding tomatoes, lettuce, peppers or other vegetables.
6. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa, or low-fat spreads. Don't forget the veggies.
7. Choose a healthy side dish like side salad, fruit, or a baked potato in place of fries or chips.
8. Try ethnic foods such as Chinese stir fry, vegetable-stuffed pita, or Mexican fajitas; but go easy on the sour cream, cheese, and guacamole.

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Develop Healthy Habits for Weekdays On-the-go!

Monday

Enjoy a smoothie made with juice, fruit, and yogurt for a light lunch or snack.

Tuesday

Grab dinner at the supermarket deli. Select rotisserie chicken, salad-in-a-bag, and freshly baked bread. You can also try sliced lean roast beef, onion rolls, potato salad, and fresh fruit.

Wednesday

Try to break the bad habit of mindless eating by avoiding unhealthy snacks while watching TV, reading, or driving.

Thursday

Have a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.

Friday

It's been a busy week. Plan a special restaurant meal in the evening. Try light portions for breakfast and lunch.



9. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
 10. Eat your lower-calorie foods first. Soup or salad is a good choice. Follow up with a light main course.
 11. Ask for sauces, dressings, and toppings to be served on the side. This allows you to control how much you eat.
 12. Pass up all-you-can-eat specials, buffets, and unlimited salad bars if you feel you may eat too much. If you do choose the buffet, fill up on salads and vegetables first.
13. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or a bagel.
 14. Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal, or crackers.
 15. For at-work dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna at your desk for a quick lunch.



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