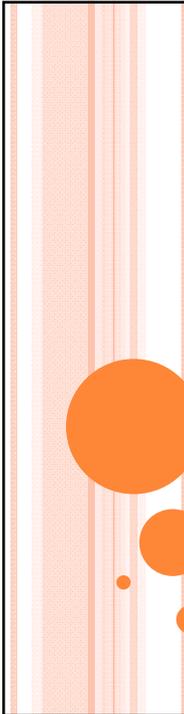


**EATING ON THE GO - *MAKE IT  
FAST! MAKE IT GOOD!***

Small changes can make a big difference



**PURPOSE**

Give you tips for making meals and snacks that are both healthy and can be prepared quickly

## ARE YOU AN EFFECTIVE KITCHEN MANAGER?

- How often do you plan meals in advance?
- How often do you prepare portions of a meal in advance?
- How often do you spend 30 minutes or less preparing a meal?
- How often do you use leftovers as the basis for another meal?
- If there are others in your household, how often do they help fix meals and clean up?

**Frequently**  
**Never**

**Sometimes**

**Almost**



## DIETARY GUIDELINES

<http://www.ChooseMyPlate.gov>

### *Balancing Calories*

Enjoy your food, but eat less.  
Avoid oversized portions.

### *Foods to Increase*

Make half your plate fruits and vegetables.  
Make at least half your grains whole grains.  
Switch to fat-free or low-fat (1%) milk.

### *Foods to Decrease*

Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.  
Drink water instead of sugary drinks.



## PHYSICAL ACTIVITY GUIDELINES

- Adults be physically active for at least 2 hours and 30 minutes each week
  - Children need to be physically active 60 minutes each day.
  - You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.
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## EATING AT HOME TIPS

- Stock your pantry or freezer with whole-wheat pasta or rice, cans of no-salt-added crushed tomatoes, spices, garlic, frozen chicken breasts, canned fish, and frozen vegetables.
  - Plan to use leftovers from one meal, such as cooked vegetables and meats, in a new and easy recipe for the next night, such as burritos or an omelet.
  - Save time in the kitchen by using a slow cooker to make two or three healthy suppers at once.
- 

### My Shopping List

These are good items to have on hand to make healthy meals and snacks.

<p><b>Dairy and Eggs</b></p> <input type="checkbox"/> Fat-free (skim) or low-fat (1%) milk	<p><b>Fruit (Fresh, Canned, Frozen, and Dried)</b></p> <p><b>Fresh Fruit:</b></p> <input type="checkbox"/> _____	<p><b>Baking Items</b></p> <input type="checkbox"/> Nonstick cooking spray
<input type="checkbox"/> Fat-free, low-fat, or reduced-fat cottage cheese	<input type="checkbox"/> _____	<input type="checkbox"/> Canned evaporated milk—fat-free (skim) or reduced-fat (2%)
<input type="checkbox"/> Low-fat or reduced-fat cheddar	<p><b>Canned Fruit (in juice or water):</b></p> <input type="checkbox"/> _____	<input type="checkbox"/> Nonfat dry milk powder
<input type="checkbox"/> Fat-free or low-fat yogurt	<input type="checkbox"/> _____	<input type="checkbox"/> Gelatin, any flavor (reduced calorie)
<input type="checkbox"/> Egg/egg substitute	<p><b>Frozen Fruit:</b></p> <input type="checkbox"/> _____	<input type="checkbox"/> Pudding mixes (reduced calorie)
<p><b>Breads, Muffins, and Rolls</b></p> <input type="checkbox"/> Whole-wheat bread, bagels,	<p><b>Dried Fruit:</b></p> <input type="checkbox"/> _____	<p><b>Condiments, Sauces, Seasonings, and Spreads</b></p> <input type="checkbox"/> Fat-free or low-fat salad dressings
<input type="checkbox"/> English muffins, tortillas, pita bread	<p><b>Vegetables (Fresh, Canned, and Frozen)</b></p> <p><b>Fresh Vegetables:</b></p> <input type="checkbox"/> _____	<input type="checkbox"/> Spices
<p><b>Cereals, Crackers, Rice, Noodles, and Pasta</b></p> <input type="checkbox"/> Unsweetened cereal, hot or cold	<p><b>Canned Vegetables (low-sodium or no-salt-added):</b></p> <input type="checkbox"/> _____	<input type="checkbox"/> Flavored vinegars
<input type="checkbox"/> Rice (brown)	<p><b>Frozen Vegetables (without sauce):</b></p> <input type="checkbox"/> _____	<input type="checkbox"/> Salts or picnic sauce
<input type="checkbox"/> Pasta (noodles, spaghetti)	<p><b>Canned beans:</b></p> <input type="checkbox"/> _____	<input type="checkbox"/> Soy sauce (low-sodium)
<p><b>Meat</b></p> <input type="checkbox"/> White meat chicken and turkey (skin off)	<p><b>Beans and Legumes (If Canned, No Salt Added)</b></p> <input type="checkbox"/> Dried beans, peas, and lentils (without flavoring packets)	<input type="checkbox"/> Bouillon cubes/granules (low-sodium)
<input type="checkbox"/> Fish (not battered)	<p><b>Meat Equivalents</b></p> <input type="checkbox"/> Tofu (or bean curd)	<p><b>Beverages</b></p> <input type="checkbox"/> No-calorie drink mixes
<input type="checkbox"/> Extra-lean ground beef or turkey	<input type="checkbox"/> Beans (see bean list)	<input type="checkbox"/> Reduced-calorie juices
<input type="checkbox"/> 95% fat-free lunch meats or low-fat deli meats	<input type="checkbox"/> Egg/egg substitute (see dairy and egg list)	<input type="checkbox"/> Unsweetened sodas
<p><b>Meat Equivalents</b></p> <input type="checkbox"/> Tofu (or bean curd)	<input type="checkbox"/> _____	<p><b>Nuts and Seeds (Unsalted)</b></p> <input type="checkbox"/> _____
<input type="checkbox"/> Beans (see bean list)	<input type="checkbox"/> _____	<p><b>Fats and Oils</b></p> <input type="checkbox"/> Light margarine
<input type="checkbox"/> Egg/egg substitute (see dairy and egg list)	<input type="checkbox"/> _____	<input type="checkbox"/> Mayonnaise, low-fat
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> Olive oil
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> Canola oil

Source: Dietary Guidelines for Americans, A Meal Plan You Can Live With  
<http://www.health.gov/dietaryguidelines/foodgroups/healthycopy/coupons.html>

## MY SHOPPING LIST

- It is easy to put together a quick meal if you have food already in your pantry. Look to buy nonperishable items on sale, such as low-sodium canned goods.
- Keep a note on the refrigerator to list items as you need them.
- You also may want to arrange your shopping list and coupons to fit the layout of the grocery store for a faster shopping trip.



Use MyPlate for balanced meals

### *HEALTHY, QUICK MEAL IDEAS*

- Serve pre-cut vegetables and low-fat ranch dressing, canned peaches in 100% juice or fresh fruit, and low-fat milk.
- Serve breakfast for dinner—omelet with vegetables (try mushrooms, red pepper, onions, spinach, tomatoes, etc.), fat-free or low-fat milk, and fruit.
- Serve low-sodium canned soup, a side salad with low-fat or fat-free dressing, and low-fat yogurt.

### *HEALTHY SNACK IDEAS*

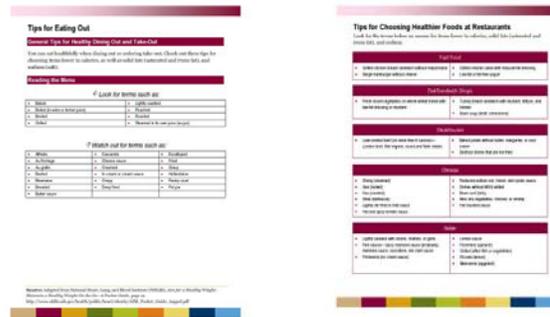
- “Ants on a log” (celery with peanut butter and raisins)
- Fresh or canned fruit (in 100% juice, not syrup) with fat-free or low-fat vanilla yogurt
- Whole-grain crackers with fat-free or low-fat cheese
- Whole-wheat bread or apple slices with peanut butter
- Quesadillas (fat-free or low-fat cheese on a whole-wheat tortilla)
- Unsalted pretzels or air-popped popcorn
- Baked tortilla chips and salsa
- Whole-wheat pita bread or cut up vegetables (peppers, carrots, etc.) with hummus
- Fat-free or low-fat milk or water instead of sugary fruit drinks and soda

### *HEARTY, HEALTHY LUNCHES IN A SNAP*

- **Sandwich lover?** Choose lean protein fillings, such as grilled chicken or tuna. Make nonmeat sandwiches with peanut butter, low-fat cheese, sliced hard-boiled eggs, or fat-free refried beans.
- **Load your sandwich with veggies.** Along with the standard greens and tomatoes . . . try sliced cucumbers, green peppers, or zucchini strips for added crunch.
- **Pick whole grains!** Try whole-grain or 100% whole-wheat breads, tortilla wraps, English muffins, and pita pockets instead of white breads or buns.
- **Green salads, anyone?** Add lean meats along with fruits, beans, and nuts to your green salads. Try dried cranberries, cut-up fruit, kidney beans, walnuts, and almonds.

## HANDOUTS

- Tips for Eating Out
- Tips for Choosing Healthier Foods at Restaurants



## ON THE RUN? HEALTHIER FAST FOOD OR DRIVE-THROUGH CHOICES

Skip the meal deals and size upgrades

- Calories can really add up when you get the larger size sandwiches, fried foods, and soft drinks.

### TIPS FOR REDUCING PORTIONS:

- Choose “child’s size” portions if possible or choose the smallest size available.
  - Eat half of your meal at the restaurant and save the other half for tomorrow’s lunch.
  - Order an appetizer-sized portion or a side dish instead of an entrée.
  - Share a main dish with a friend.
  - Resign from the “clean your plate club”—when you’ve eaten enough, leave the rest. Or, ask your server to package up half of your meal when it arrives so you won’t be tempted to eat the entire portion.
  - Order an item from the menu instead of heading for the “all-you-can-eat” buffet.
- 

### TIPS FOR REDUCING CALORIES

- For a beverage, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
  - Load sandwiches/subs/pizza with veggies rather than cheese.
  - Ask for whole-wheat bread for sandwiches, and ask that it not be buttered.
  - In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
  - Ask for salad dressing to be served on the side. Then use only as much as you need.
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## GO HEALTHIER

- Order a side salad with low-fat or fat-free dressing instead of fries. Or share an order of small fries with a friend.
  - Use mustard, or low-fat or fat-free mayo, instead of regular mayo.
  - Choose the green beans or raw carrots instead of coleslaw.
  - Order a small baked potato with salsa instead of mashed potatoes and gravy.
  - Order a thin-crust vegetable pizza with a side salad instead of a deep-dish meat or double cheese pizza.
  - Save foods like cakes, pies, and brownies as an occasional treat. Order fruit instead. Or share one dessert.
- 

## 10 TIPS FOR HEALTHY MEALS

### 10 Tips Nutrition Education Series

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

1. make half your plate veggies and fruits
  2. add lean protein
  3. include whole grains
  4. don't forget the dairy
  5. avoid extra fat
  6. take your time
  7. use a smaller plate
  8. take control of your food
  9. try new foods
  10. satisfy your sweet tooth in a healthy way
- 

### **TODAY'S PHYSICAL ACTIVITY TIP**

- Increase physical activity by adding a new activity or spending more time doing an activity you already enjoy.
- Pick activities that you like to do and that fit into your life.
- Keep track of your physical activity and gradually increase it to meet the recommendations.



### **THINGS TO TRY AT HOME**

- Next time you go to a restaurant, order a healthy dish using the tips for choosing items lower in calories, solid fats (saturated and trans fat), and sodium.
- Increase the total amount of time you spend doing physical activity.



## QUESTIONS

Carol Voss  
Nutrition Coordinator, Iowans Fit for Life  
[Carol.voss@idph.iowa.gov](mailto:Carol.voss@idph.iowa.gov)  
515-242-5566

