

Healthy Eating on the Run

Hectic lifestyles are a reality for many people. If your goal is to achieve or maintain a good healthy weight, have energy to do the things you like to do and help your children develop good eating habits, meals can be a challenge. Throw in soccer games, swimming lessons, picnics, vacations and other summer activities and you are scrambling to find quick tasty meals and snacks for your busy family. There are a few things you can do to ensure the best nutrition possible when time is at a premium.

Plan Plan Plan

Look at your schedule for the week. Figure out which meals will be sit-down at home meals, how many will be in restaurants, and will there be times when you need to grab and go. Then, create a meal plan and grocery list accordingly. Be sure you have food storage containers, ice packs and coolers to allow you to pack a greater variety of foods.

Once the shopping is done, spend a little extra time washing, cutting and packaging raw veggies into appropriate portion sizes. Pick up pre washed greens to throw together a salad in a hurry.

When you do have time to cook, always make extra. Double your dinner recipes and freeze the leftovers for a quick meal. Extra chicken on the BBQ will taste great in your salad at lunch the next day.

Apples, pears and bananas travel well and have their own package. Be sure to include protein with each meal to stabilize your blood sugar levels and decrease the chance of crashing later. Cheese, almonds or hard boiled eggs are good choices to take along.

Restaurant Choices

With statistics showing that as much as 50% of all meals are eaten in restaurants, it is important to be selective in choosing places to eat with a health conscious menu. Pass up on the all-you-can-eat specials or buffet style restaurants. You are more likely to over eat in these places.

When looking over the menu, look for words like: steamed, broiled, grilled and poached rather than fried, breaded, crispy, sautéed or in a cream sauce. Avoid super-sizing anything and choose salad over fries.

Increase the nutrition in sandwiches by adding peppers, tomatoes, cucumbers, sprouts and other veggies to your chicken or turkey wrap. Opt for healthy condiments like mustard, lemon juice, flavored vinegar, hummus or salsa rather than mayo, ketchup, gravy or creamy dressings.

Eat salads with rich green lettuce, lots of veggies and a protein like chicken, tuna, turkey, egg or chick peas. Top that off with balsamic vinegar or lemon juice and olive oil and you have a satisfying balanced meal.

Water is always the best beverage of choice when you are dining out or on the go. Carbonated flavored water or vegetable juices without sugar or artificial sweeteners are also good choices.

Even the busiest of families need to eat healthy. With a little extra thought and planning, you can maintain good nutrition during your fun-filled-summer.