Eating on the Run

Presentation by NCES from the book by Evelyn Tribole, MS, RD
Third Edition, Human Kinetics
Nutrition Myths

• You need 3 meals a day
• Healthy meals must be cooked or hot
• Snacking is not healthy & leads to weight gain
• Eating out often is “bad”
• You need a lot of time to eat healthy
Healthy Eating Tenets

- Quality & Diversity
- Creating Time to Eat
Skip Now, Pay Later

- Your metabolic rate may drop
- You will feel physically ‘shaky’
- Your decision making slows down
- You’ll run out of gas (Glucose-Blood Sugar)
Grazing

- Eating small meals or snacks all day long
- Eat when and where you want
- USDA ‘It’s not how you eat, but what you eat.’
Extra Benefits of Grazing

- Lowers your cholesterol
- Increases your brain power
- Helps you manage your weight
- Helps your nutrition countdown
Successful Grazing

- Eat at least every 5 hours
- Eat foods a variety of foods from the food groups
- Pick nutrient-dense foods
- Plan packable & portable foods
Snacks to Stash

- Whole grain bagels, bran or English muffins, breadsticks, pita bread
- Dried fruit
- Fig bars
- Fresh fruit
- Half sandwich
More Snacks

- Raw vegetables
- Unsweetened cereal
- Applesauce
- Low or nonfat yogurt
- Low or nonfat cottage cheese
Find Opportunities to Eat

- Walking to your car, train or plane
- Getting ready for work
- Driving or riding
- Working at your desk
Breakfast Quick Tricks

- Cereal, milk, juice or fruit
- Yogurt mixed with cereal and fruit
- Fruit smoothie (milk and your favorite frozen fruit)
- Whole wheat toast or bread, milk and fruit
- Low or nonfat cheese and cracker/toast
Bunches of Lunches

- The good old brown bag
- Graze on your snack stashes
- Microwave meals
- Leftovers
- Carefully selected fast food
Daily Dash for Dinner

• Take 5 To Plan 5 -- Do it while:
  • Waiting for meetings to start
  • Waiting for the telephone
  • Waiting for an appointment
  • Waiting in Line
  • Waiting Anywhere
Take Your Label to the Table

- Aim for
  - 30% or less of you calories from fat
  - Less than 1/3 of your total fat intake to come from saturated fat
  - Trans fat
  - Less than 5 grams added sugar per serving is best
  - 3 or more grams of fiber
  - Sodium look at the % Daily Value
Speed Shopping

• Plan, jot down and take your list
• Shop after a meal or snack
• Race by the sample taste tidbits
• Shop during non peak times
• Shop at your most familiar store
Speed Shopping

- Shop only at one store
- Stock up on staples
- Arrange your list by aisle locations
- Parcel out parts of your list to spouse, kids, etc.
Stock Up on Staples

- Whole grain bread products
- Cereals -- keep several of your favorites on hand
- Low-fat crackers
- Pasta -- keep several types handy
- Rice and other grains such as barley
Stock Up on Staples

Canned Foods

• Beans -- black, white, tan, red, all are good
• Fruit -- juice packed
• Juice -- pick 100% juice
• Soups -- look for broth based or vegetarian
• Vegetables -- drain and rinse to reduce sodium
Stock Up on Staples

Produce

- Buy pre-washed and packaged
- Fruit -- the original ‘fast food’
- Supermarket salad bars -- skip the dressings
- Any plain frozen fruit or vegetable
Stock Up on Staples

Miscellaneous:

- Peanut butter -- buy without hydrogenated oil, try a natural style brand.
- Canned tuna -- buy water packed
- Canned salmon
- Canned spaghetti sauce
- Canned tomato sauce/diced tomatoes
Stock Up on Staples

Miscellaneous Continued

• Best vegetable oils -- Canola or Olive
• Frozen desserts -- 100% juice bars, sorbet, low or nonfat frozen yogurt.
Do It Your Way!

Ask for:

- Dressing & sauces on the side
- An extra plate to split entrée
- Low-fat milk for coffee
- Baked potato instead of fries
Do It Your Way!

Ask for:

- Plain steamed vegetables
- Whole grain bread
- Lemon wedges or vinegar for salads
Restaurant Rights

You Have The Right To:

- Expect your requests to be honored
- Ask for what you need
- Ask how the food is prepared
- Send it back if it isn’t right.
- Get your doggie bag before the meal
To Choose or Not To Choose

Least Healthy

- Fried or pan fried
- Butter sauce
- Creamed
- Breaded, crispy
- Au gratin, cheese sauce
- Alfredo, meat sauce, marinated in oil
To Choose or Not To Choose

Best Choices:

- Baked or roasted
- Steamed or boiled
- Charbroiled
- Poached
- Grilled
- Marinara or tomato sauce

NCES, Inc. 2004
Fast Food Dining

Healthy Meal Best Bets

• Salad bars
• Charbroiled or roasted sandwiches
• Juice or low-fat milk
• Frozen low-fat or nonfat yogurt
Deli Picks

- Small size sandwiches
- Whole wheat bread
- Hold the mayo
- Request extra lettuce, tomatoes, onion, peppers
- Choose lean meats -- turkey, chicken, roast beef
Frequent Flyer Feeding Tips

- Plan
- Keep your snack stash handy
- Order “special” meals when ordering your ticket
- Drink a glass of water every hour
Occupational Eating Hazards

Power Meals:
• Keep them simple
• Make requests

Office Treats:
• Give or put them away
• Giving at the office -- you don’t have to eat your donation
Home Cooking in a Dash

Grocery Store Time Savers:

- Boneless, skinless chicken
- Canned beans
- Grated or shredded low-fat cheese
- Sliced lean meats
- Chopped, sliced, pre-washed produce
Home Cooking in a Dash

More Time Savers:

- Do a “Cook-Off” over a weekend and freeze your efforts in meal size portions
- Crockpot: throw and go
- Microwave: potatoes, chicken, fish, vegetables
Dining in a Dash

- Nonfat, 1/2% or 1% milk
- Whole grain bread or whole grain crackers
- Raw vegetables or salad
- Frozen vegetables (no sauce)
- Fresh fruit
- Corn tortilla or pita bread
You can eat on the run and eat healthy
Families on the Run
Developing Healthy Eating Habits

- Create a positive environment for eating
- Offer appropriate portion sizes
- Offer a variety of foods
- Don’t use food as a reward or bribe
- Eat family meals together when possible
Teens on the Run

Stock the pantry with healthy snacks:

- Fresh fruit
- Dried fruit
- Nuts
- Low-fat chips
- Whole wheat bread
Teens on the Run

Stock the fridge with:

• Nonfat yogurt
• Lean deli meats
• Low-fat cheese
• Ready-to-eat baby carrots
You can eat on the run and eat healthy