

Eating on the Go.....In real life

You cannot always cook your meals or eat at the dinner table. Here are some ways to make healthy choices when you are on the go:

Choose a salad or a grilled chicken sandwich (not fried) instead of a burger at fast-food restaurants.

If you really want a burger, make it a small one without sauce, and skip the fries-or share them with a friend.

Take healthy snacks with you to work. Try graham crackers, pretzels, baby carrots or a small amount of raisins or nuts (nuts and raisins are high in calories).

Balance your meals throughout the day. If you have a high-fat or high-calorie breakfast or lunch, make sure you eat a low-fat dinner. If you know you will be having a higher fat dinner, make lower fat choices earlier in the day.

TIP: Fried foods, high-fat foods, and take-out foods can be part of a balanced eating plan-if you do not eat them every day and only eat small amounts.

Keeping Track of Serving Sizes Many people think that bigger is better. We are so used to value-sized portions-especially in restaurants-that it is easy to eat more than our bodies need. Eating smaller portions will help you cut down on calories and fat (and might save you money, too). Here is a 1,600 calorie/day sample menu with sensible servings:*

Breakfast

1/2 cup cooked oatmeal

1 English muffin with 1 tablespoon low-fat cream cheese

1 cup low-fat milk

3/4 cup orange juice

Lunch

2 ounces baked chicken without skin (a little smaller than a deck of cards)

Lettuce, tomato, and cucumber salad with 2 teaspoons oil and vinegar dressing

1/2 cup white rice seasoned with 1/2 teaspoon tub or liquid margarine

1 small whole wheat roll with 1 teaspoon margarine

TIP: Use margarine instead of butter. Choose a soft margarine that has no more than 2 grams of saturated fat per tablespoon and that lists "liquid vegetable oil" as the first ingredient on the ingredient list. American Heart Association

Dinner

3 ounces lean roast beef (about the size of a deck of cards) with 1 tablespoon beef gravy

1/2 cup turnip greens seasoned with 1/2 teaspoon margarine

1 small baked sweet potato with 1/2 teaspoon margarine

1 slice cornbread

1/4 honeydew melon

Snack

2 1/2 cups low-fat microwave popcorn

1 1/2 teaspoons margarine

TIP: Keep a food diary. Writing down what you eat, when you eat, and how you feel when you eat can help you understand your eating habits. You may be able to see ways to make your eating habits healthier. You can also use your diary to plan weekly menus, make shopping lists, and keep track of recipes you would like to try. For more information about keeping track of food portions, read WIN's brochure, "Just Enough for You: About Food Portions."

* Adapted from National Heart, Lung, and Blood Institute sample menus.

You Can Do It! Set goals. Move at your own pace. Celebrate your successes. Allow for setbacks. Let your family and friends help you. And keep trying—you can do it!