

Eating Healthy on the Run

Need to eat on the run? This often means grabbing “junk” or fast food full of fat, salt, sugar, and cholesterol. But being in a rush doesn’t mean that you can’t eat healthy.

“Fast” Food Made Healthy

Try these ways to get good nutrition, fast.

- Go to a grocery or convenience market instead of a fast-food restaurant. Look for choices like sandwiches, yogurt, fresh fruit, and juices.
- Buy precut, prepackaged fresh or frozen fruits and vegetables. You can open the package for a snack, salad, smoothie, or stir-fry.
- Microwave a frozen dinner that has less than 15 grams (g) of fat and less than 800 mg of sodium. Complete the meal with a wholegrain roll, vegetables, and fresh fruit.
- If you must have fast food, consider your options. Go for veggie burgers, broiled and skinless chicken breast sandwiches, or dinner salads with low-fat dressing.
- Blot the extra oil from food with a napkin before you eat it.
- Instead of french fries, choose a baked potato with salsa.



TIP

Fast-food restaurants often have printed nutrition information available. Ask for this information and look up your favorite items before you order.