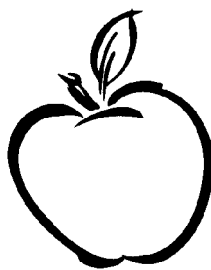


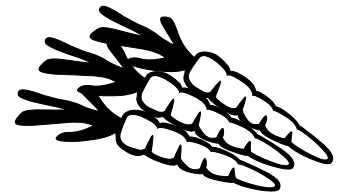


Nutrition to Go! AWAY FROM HOME

Most of us lead very busy lives which means sometimes making healthy choices can seem too difficult or time consuming to consider. But the principles of healthy eating apply wherever you eat. Choose a variety of foods from the four food groups, increase your grains, fruit, and vegetable consumption, choose leaner meats and lower-fat dairy products and select foods prepared using little or no fat. A little planning can help you make healthy food choices wherever you go.



Grazing/Snacking



Eating small meals or snacks throughout the day can bring nutrition into a busy life. Have "grazing foods" available for really hectic days when you don't have time for "sit down meals". Long periods without meals and meal skipping can increase impulse eating.

Handy Snacks for Grazing Days



- | | |
|------------------|----------------|
| Bagels | Raw vegetables |
| Bran muffins | Cheese |
| Crackers | Juice |
| Yogurt | Cold cereal |
| Pita bread | Rice cakes |
| Dried fruits | Raisin bread |
| Fig bars | Cereal bars |
| Fresh fruit | Milk |
| Hard cooked eggs | Deli meats |

Different Eating Situations

With a little thought and planning, you can ensure your food choices are healthy ones. Limit some foods and choose others more often...do you know which? (Suggestions on back)

Situation	Try to Limit	Choose Instead
Meetings	Doughnuts, monster muffins, cookies. Tea and coffee with cream.	
Vending Machines/ Catering Trucks	Danish, chocolate bars. French fries, soft drinks, chips.	
Hectic Schedule/ Long Hours	Chips, cookies, coffee with cream. Hot dogs, pizza with double cheese & pepperoni	
On the Road	Chips, fried foods, large burgers, salads loaded with dressing.	



Workplace Eating

Many workplaces have fridges and lunchrooms where perishable foods can be stored. Keep nutritious grazing/snacking foods on hand for a quick lunch or snack. Remember to check the best before dates.

Foods for the Lunchroom Fridge

Yogurt	Cheese	Salad greens
Sliced meats	Hard boiled eggs	Soup
Cartons of milk	Fresh fruit/vegetables	Juice
Cottage cheese	Whole wheat bread	Margarine/butter

Foods to have on hand in the Lunchroom Cupboard

Canned fruit	Canned beans in tomato sauce	Shelf stable milk
Canned fish	Dried soup/noodle mixtures	Canned tomato sauce
Peanut butter	Cold cereal	Crackers

The Creative World of Portable Lunches

Making portable lunches interesting and appetizing can be a challenge. Begin with foods from all four of the food groups (grain products, vegetables & fruit, milk products and meat & alternatives) and the possibilities are endless! Check your lunch for nutrition, variety, taste, food safety and how it looks.

- Start by deciding the main focus of the lunch. Choices include sandwiches, leftovers or convenience foods such as frozen or canned entrees (eg. baked beans in tomato sauce, spaghetti or stew). Round out the lunch with fruit or vegetables and milk or yogurt.



- When making sandwiches, vary the choices of bread (bagel, tortilla, sliced, bun, pita), filling (meat, egg, cheese, or peanut butter), additional items (cheese or vegetables) and spread (salsa, mustard, chutney, light mayonnaise).
- Reserve a kitchen drawer or shelf to keep portable lunch supplies and equipment together within easy reach. Include a wide-mouth thermos, insulated lunch bags, a variety of reusable containers, drinking bottles, baggies, plastic utensils, napkins and straws.
- Check to make sure your shopping list includes what you have planned for lunches.

Who are Dietitians/Nutritionists?

Guided by a code of ethics that ensures your right to safe, reliable information, a dietitian can provide healthy eating advice tailored to your personal needs and lifestyle. For information, contact a dietitian in your region through your local health department, community hospital or provincial dietetic association.

Eating Situations (suggestions for front)

Meetings - Small muffins, bagels, scones, tea biscuits, fresh fruit, juice, milk.

Vending machines/Catering Trucks - Juice, pretzels, sandwiches, milk, soup, fruit, cereal boxes, yogurt, whole grain breads.

Hectic Schedule/Long Hours - fresh fruit, muffins, vegetable sticks, salads with lower-fat dressing, lean sliced meats, milk, yogurt.

On the Road - Small plain burgers, bagels, cereal bars, crackers and cheese, juice, turkey sandwiches, pizza with ham and vegetables.
