



# Tips for Staying Healthy When on the Go

As PHS officers, we should be role models for healthy habits, but this can be difficult with busy schedules.

## Plan Ahead

Planning meals in advance helps ensure meals are healthy and well-balanced. Planning ahead can also reduce ingredient waste. Consider having a “Menu Monday” to plan meals for the entire week.

## Breakfast

Stay away from foods high in calories and saturated fat, like muffins. Choose a fruit-yogurt smoothie, which can provide vitamin C, potassium, and high fiber to keep you full from breakfast to lunch. Think about replacing bacon or sausage with Canadian bacon or ham.

## Pre- Snacks

Keeping healthy options available helps to avoid the convenience of junk food. Healthy snacks such as apples and oranges, snack-size low fat yogurt, raw nuts, and dried fruit can be kept at home and packaged into snack portions to eat throughout the week.

## Dining Out

Don't abandon your health mantra. Avoid fried foods and request sauce or dressing on the side. Holding bread or chips until the meal is served prevents overeating. Adjust your food choices for the entire day, if necessary.

## Don't Skip Lunch

Depriving yourself of food can lead to overeating later. Packing a sandwich, wrap, or salad can provide a quick and healthy lunch. Single-serve crackers, fruit, peanut butter, soup, or tuna can also be stored in your desk for those unexpected quick-lunch needs.



March is National Nutrition Month.

For more information visit:

[National Nutrition Month Website](#)

"Academy of Nutrition and Dietetics." 2014. Healthy Eating on the Run: A Month of Tips. 28 February 2016.

<http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/healthyeatingontherun.ashx>

Borrelli, Lizette. "Medical Daily." 9 April 2014. Healthy Eating On The Go: 6 Tips On What To Eat To Stay In Shape On The Run. 28 February 2016.

<http://www.medicaldaily.com/healthy-eating-go-6-tips-what-eat-stay-shape-run-275532>

Singmin, Charlotte. "TheHuffingtonPost.com, Inc." 23 January 2014. Busy Schedule? Try These Easy Ways to Eat Healthy On the Go. 28 February 2016.

[http://www.huffingtonpost.ca/charlotte-singmin/healthy-eating\\_b\\_4115632.html](http://www.huffingtonpost.ca/charlotte-singmin/healthy-eating_b_4115632.html)