

Nutrition Matters

Nutrition Services, Community and Health Services

Healthy food ideas away from home

Most of us lead very busy lives, which sometimes means 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.

Situation	Try to limit	Choose instead
Meetings	Doughnuts, large muffins, cookies, tea and coffee with cream	Small muffins, bagels, scones, tea biscuits, fresh fruit, juice, milk
Vending machines/ catering trucks	Danish, chocolate bars, French fries, soft drinks, chips	Juices, pretzels, milk, soup, fruit, cereal boxes, yogurt, whole grain breads and sandwiches with lean meat
Hectic schedule/ long hours	Chips, cookies, coffee with cream, hot dogs, pizza with double cheese and pepperoni	Fresh fruit, small muffins, vegetable sticks, salads with lower-fat dressing, lean sliced meats, milk, yogurt, pizza with ham and vegetables
On the road	Chips, fried foods, large burgers, salads loaded with dressing	Small plain burgers, bagels, cereal bars, crackers and cheese, juice, sub sandwiches with lean meat

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

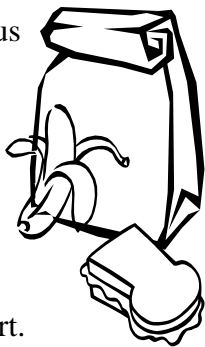
Foods to have on hand in the lunchroom cupboard

Canned fruit	Canned beans in tomato sauce	Shelf stable milk
Canned fish	Dried soup/noodle mixtures	Cold cereal
Peanut butter	Canned tomato sauce	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 (vegetables and fruit, grain products, milk and meat and alternatives and meat and 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-mouthed 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?

Registered Dietitians (RD) are guided by a code of ethics that ensures your right to safe and reliable information. For more information on The College of Dietitians of Ontario, visit www.cdo.on.ca. An **RD** 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 Dietitians of Canada at www.dietitians.ca.

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