

HEALTHY EATING ON THE GO



How do you cope when you are always on the go. It's not always easy to plan what to eat in advance or take food with you. Here are some tips for those of us that live such busy hectic lives

- Enjoy a healthy breakfast before you leave home. A good breakfast will set you up for the day and help prevent unhealthy snacking later on. If you can't face breakfast make sure you have a healthy snack packed in your handbag, case or rucksack
- Try to make time to grab a suitable meal. Larger railway stations, motorway service stations, shopping centres and airports often have a good range of cafes, retail outlets and snack bars and are a good place to grab a bite
- Don't rely on vending machines, petrol stations or newsagents for your lunch as they often have a very limited range of foods

How do I know if a food is high in fat, sugar or salt?

Look at the label to see how much fat a food contains. Generally the label will say how many grams (g) of fat, sugar or salt there are in 100g of the food. Some foods also give a figure for saturated fat, or 'saturates'. Use the guide below to what is a lot and what is a little per 100g of food.

Some great ideas for lunch on the go

- The amount of fat and saturated fat in sandwiches depends on the spread used, the contents (e.g. meat, cheese, fish) and any dressings they contain. To guarantee a lower fat content buy from the "slimmers", "low fat" or "healthy" range
- Boost your omega 3 intake with sandwiches containing salmon, prawns and crayfish or indulge in a platter of healthy sushi
- Look out for heart-warming soups. Where possible go for vegetable soups and avoid cream based ones
- Make the most of prepared salads but don't feel pressured to use all the dressing provided. Look for salads that contain beans, peas, lentils and couscous
- Aim to have two portions of fruit and vegetables with your meal. Choose from vegetable sticks, cherry tomatoes, salad and a whole variety of seasonal fruit
- For a refreshing drink just plain water is often best. Avoid sugary and fizzy drinks. Whilst smoothies are trendy and packed full of fruit they are also high in sugar (natural sugar) and acidic so can contribute to acid erosion of teeth. Warming drinks such as tea and coffee come a good second but ask for low fat milk where possible
- Look out for front of pack labelling on sandwiches and snacks telling you the calorie, fat and saturated fat per 100g. These are often colour coded red, amber and green to give an indication of how healthy they are
- Boost your wholegrain intake with wholegrain sandwiches and rolls, seeds, wholegrain cereal bars and popcorn

HOW DO I KNOW IF A FOOD IS HIGH IN FAT, SUGAR OR SALT?

	Fat	Saturated Fat	Sugar	Salt
This is a lot per 100g food	20g	5g	10g	1.25g salt (0.5g sodium)
This is a little per 100g of food	3g	1g	2g	0.25g salt (0.1g sodium)

GREAT FOOD ON THE GO SWAPS		
	Eat less often	Eat more often
Lunch	Burgers and chips	Vegetable based soups
	Deep fried chicken	Wholegrain/low fat ranges of sandwiches
	Pasties	Vegetable panini or deli roll
	Cheese sandwich	Baked potatoes
	Sausage rolls	Bagels and wraps
	Filled and plain croissants	Porridge
Snacks	Confectionary	Cereal and breakfast bars
	Crisps	Dried fruit
	Sugary and fizzy drinks	Unsalted nuts
	Sweet biscuits and cake	Unsalted popcorn
		Hot cross bun
		Toasted English muffin
		Oat cakes
		Fresh fruit
		Breadsticks
		Low fat yoghurt or rice pudding
		Fruit scone
		Maltloaf

Getting home late

If you're late home it can be hard to motivate yourself to make a healthy meal. It's far more tempting to reach for the biscuit jar, phone for a takeaway or grab the nearest thing to hand. Try these quick, tasty, and healthy alternatives.

- Wholegrain toast with baked beans, scrambled egg and mushrooms
- Wholegrain pasta with a spoon of pesto, flaked tuna, sweetcorn and peas
- Toasted pitta bread fingers with hummus and salad
- Peanut butter and date sandwiches served with vegetables sticks (carrot, celery, cucumber)
- Bowl of instant oats with dried fruit
- Combine noodles, chicken or prawns, cashew nuts, and ready sliced vegetables in an appetising stir fry
- Open cans of sweetcorn, kidney beans and chickpeas for a healthy 3 bean salad served with wholegrain bread and cold meat
- Fill a pitta bread with canned fish and salad and top with chilli sauce

