



Eating Smart on the Run

A busy lifestyle can influence how we eat

A busy lifestyle often leads to not enough time to prepare healthy meals. Being busy makes it much easier to buy prepared foods, eat fast food, order take-out, and have snacks instead of meals. Eating out means much larger portions than what the body needs to keep a healthy weight. Also, these meals are much higher in calories, fat, salt, and sugar.

The good news is there are ways to make healthy choices when eating out and to make easy healthy meals.



Mark the suggestions that you might like to try.



Find easy and quick healthy dinner ideas online.

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Prepare breakfast the night before.

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Choose water or other drinks without added sugars.

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Compare the calories of food menu items.

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Start your meal with a salad to help you feel satisfied sooner.

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Fill your plate with vegetables and fruit.

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Divide a small entree between family and friends.

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Decide to take some leftovers for a future meal.

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Pack snacks such as fruit, sliced vegetables, low-fat string cheese, or nuts for busy days.

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On busy mornings, make a grab and go breakfast like yogurt with fruit, or cereal with fruit.

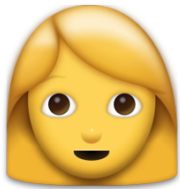
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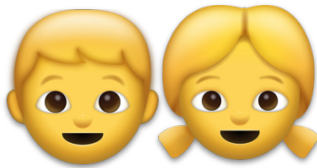


Write the number of one of the tips found on the, "Eating Smart on the Run" handout that would be the most helpful for your family?

How many calories do we need?



An average woman needs about **2000 calories** daily.



An average 5 year old needs about **1800 calories** daily.



An average man needs about **2500 calories** daily.

Do you know the food menu watch words?



They are small words. They can be easy to miss on a menu. Yet they mean the difference between a healthy or unhealthy meal. Use the watch words below as a guide to finding a lower calorie meal and knowing which options to skip to prevent a high-calorie meal.

Lower Calorie Words



- Baked
- Broiled
- Grilled
- Roasted
- Steamed
- Fresh
- Multi-grain
- Stir-fried

Higher Calorie Words



- Battered
- Breaded
- Buttered
- Fried
- Loaded
- Smothered
- Giant
- Creamy



Using the watch words above, locate and circle the words in the puzzle below.

D B R E A D E D Y P X J S L I D Q H
F O B B D U Z U N P N U T X K K M A
R Q R B U B Q S L P P G I A N T U C
E L O R A T Y X M B N Q R T W K L Y
S N I O B T T R W O F C F C C F T G
H R L A L A T E B H T X R C M R I R
H Z E S O V K E R K O H I O J I G I
U D D T A Z B E R E I M E Z Y E R L
Q X T E D Q V M D E D K D R J D A L
L V X D E T R X S O D P Q H E N I E
P I H P D I E Q K Q K N P J O D N D
S N N S T E A M E D S C R E A M Y L

