

Health tip: Healthier eating on the go



Making healthy eating easier— even on the go

When life gets busy, it may be challenging to prepare and enjoy nutritious meals – especially when you’re away from home. But with a little planning and a few simple strategies, choosing healthier options becomes much easier. Whether you’re dining out or grabbing a quick bite between activities, these tips will help you stay on track and feel your best.

Plan ahead

Meal planning and prepping in advance ensures that nutritious snacks, meals, and beverages are readily available – especially when you’re away from the comforts of home. A little preparation goes a long way in helping you make healthier choices throughout your day.

When planning and preparing meals, be sure to:

- Review the calendar to see how many meals to prepare for the week
- Schedule time to grocery shop and cook
- Double the recipe and save leftovers
- Pack snacks and healthier beverages to accompany meals
- Cook in bulk and store food for later
- Pack a lunch the night before^{1,2}



Swap out sugary beverages for lower calorie options such as:

- Ice Water or sparkling water
- Unsweetened coffee or tea
- Fat-free or low-fat milk or milk alternatives like soy, oat, or almond milk²

Pack a lunch

Packing lunch helps reduce sugar and sodium, contributes to a nutritionally balanced diet, helps manage portion sizes, reduces temptation, and may save money.³

Use these tips to maximize healthy lunches:

- Aim for a variety of nutritionally rich, real foods
- Avoid oversized portions
- Make half of your lunch fruits and vegetables
- Make at least half of your grains whole grain versions
- Eat a variety of low-fat proteins
- Switch to fat-free or low-fat dairy⁴

continued

Choose wisely

Restaurants and convenient stores sell many items that are higher in sodium, trans and saturated fats and processed sugar, and low in nutrients. When deciding what to eat at restaurants or convenience stores, try to make the healthier choice most of the time.

Healthier choices include:

- Avoid deep-fried meals, snacks and desserts
- Review nutrition labels
- Avoid high-fat items like creamy dressings and cheeses in salads
- Ask for appropriate portions such as kids or junior sized meals
- Look for meats that are grilled, roasted, or broiled
- Look for fresh vegetables and fruits
- Choose steamed or roasted vegetables or side salads over chips or fries
- Ask for half-portions of restaurant meals and take the other half home⁵



Sources:

1. CDC. <https://www.cdc.gov/healthy-weight-growth/healthy-eating/meals-snacks.html>. 2024. Accessed November 2025.
2. American Heart Association. <https://www.heart.org/en/healthy-living/healthy-eating/add-color/healthy-snacking>. 2025. Accessed November 2025.
3. Harvard T.H. Chan School of Public Health. <https://nurtritionsource.hsph.harvard.edu/meal-prep/>. 2025. Accessed November 2025.
4. USDA. <https://www.myplate.gov/eat-healthy/what-is-myplate>. 2025. Accessed November 2025.
5. Mount Sinai. <https://www.mountsinai.org/health-library/self-care-instructions/fast-food-tips#:~:text=Limit%20the%20extras%20such%20as,available%20alternatives%20to%20home%20cooking>. 2024. Accessed November 2025.