



EATING ON THE RUN

It's totally possible to eat well on the go... the key is to plan ahead. Keep some grab-and-go options in your fridge and pantry. Plan one day each week to prep meals and snacks ahead of time; this will make it easier to have ready-to-go options for busy days, and will help you stay on track. Aim to have some veggies at each meal along with a source of lean protein and a whole grain or fruit.



LEAN PROTEIN

Meat, cheese, yogurt, nuts and seeds. Look for single serve containers. Some things may need to be kept chilled.

Low fat cheese sticks

Sliced meats: turkey (*low salt*)

Nut butter

Boiled egg

Nuts / seeds

Dried jerky (*nitrite free*)

Canned or pouch tuna, salmon

Low-fat yogurt or cottage cheese

Hummus

Protein bars / shakes



CARBOHYDRATE

Whole grain – Fruit – Starchy veggies, beans

GRAINS

Whole wheat bread or pita

Whole wheat crackers

Rice cakes

Popcorn

Granola / Snack bar

FRUIT

Whole fruit (*apple, orange, kiwi, clementine*)

Packaged fruit cups, packed in 100% juice

CANNED VEGGIES

Small can of low-salt corn, peas, three-bean salad



VEGGIES

Low-carb veggies can be fresh or canned. Keep a can-opener handy or look for the pop-top varieties.

Baby carrots

Celery sticks

Sliced cucumbers

Grape tomatoes

Sliced red and green peppers

Cauliflower or broccoli florets

CANNED VEGGIES

Small cans of low-salt green beans, asparagus

JUICE

Single serve cans of juice (*vegetable medley, tomato*)



GREAT “ON THE GO” MEAL IDEAS

BREAKFAST

Overnight oats

Yogurt w/ blueberries & nuts

Boiled egg, small banana & granola bar

LUNCH/DINNER

Salmon – single serve pouch, Whole grain crackers,
Can green beans (*low salt*)

Peanut butter & apple sandwich on whole grain bread,
Snack bag of veggies

Meal replacement shakes (2)

SNACKS

Fruit & nut bar

Apple & almonds

Carrots & hummus



TIPS

Include a healthy fat at each meal to help you stay feeling full. Olive oil based dressing, nuts and seeds, nut butter and avocado are all examples of healthy fats.

Have the right equipment to keep food safe and tasty: Meal containers / Sealable bags; Insulated lunch bag with a reusable ice pack; Insulated beverage bottle

Going to a fast-food restaurant is not the only option! Quick markets have surprisingly good choices – boiled eggs, cheese sticks or hummus and veggie snack packs.

Keep a jar of peanut butter or protein bars in the trunk of your car in case you're in a food desert! If you take a medicine that may lead to low blood glucose, always have something to treat a low (like a small box of raisins or a juice box) with you or in your glove compartment in case you go low.

There are healthy choices at traditional fast food restaurants – but you may need to be creative! Check the menu for calories and carbs. Ask to skip the “special sauce” or get it on the side. Get a side salad instead of the fries.

If buying meal replacement shakes – look for options especially made for people with diabetes who are watching their carbs. Good choices have about 15 grams carb per serving such as: Glucerna Hunger Smart, Boost Glucose Control or Slimfast – Diabetes.



RECIPES

OVERNIGHT OATS WITH BLUEBERRIES

SERVES 1

  / 30g carb

1/3 cup Rolled oats

1/3 cup 2% fat plain Greek yogurt

1/3 cup Milk (*nonfat*)

1/3 cup Blueberries

Other items to add if desired:

1/2 tsp Vanilla

1 tsp Chia seeds

Sweetener to taste

Combine in a 12 oz jar with a lid. Let sit in the refrigerator overnight. Grab and go!