

# 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!***