



Mountain State Centers for Independent Living
Skills Development Class
**Living a Healthy Life -- Wellness and Physical Fitness:
Healthy Tips for Eating on the Go**

Think Small and Don't 'Supersize'!

Most restaurants, delis, and fast-food places serve portions that are *much* too large for a single person and single meal – and people usually continue to eat, even after they're full. Whenever possible, choose the smaller sandwich, serving, or option, or share a meal with a friend. You can always order more or have a snack later if you're still hungry.

Choose Healthier Snacks

Got the munchies? Try these healthy alternatives to common snacks:

- **Whole Fruit** (apples, grapes, oranges) instead of fruit bars or 'health' bars
- **Pretzels, Unbuttered Popcorn** instead of potato chips or corn chips
- **Yogurt, Frozen Yogurt, or Frozen Fruit Shakes/Bars** instead of ice cream
- **Raisins, Nuts, Sunflower Seeds** instead of candy
- **4-5 Tootsie Rolls** instead of chocolate or candy bars
- **Baked/Low-Fat Products** instead of regular potato chips, cookies, etc.

Avoid Fried Foods

They are never the healthier choice. While a chicken or fish sandwich may seem healthier than a hamburger, it's not if it has been fried in oil. Avoid fried chicken or fish sandwiches, french fries, and other fried foods when possible. If you really can't resist the urge, think small, order the smallest portion or share a serving.

Add Something Green

Add vegetables and fruit to a meal to satisfy hunger, reduce calories, and increase nutrition. Order a half sandwich and salad instead of a whole sandwich at your favorite restaurant or ask them to add extra veggies and a little less meat to your favorite sandwich at the local deli. Choose a side of vegetables instead of macaroni and cheese or a fruit cup instead of cookies at the cafeteria.

Think Before You Drink

Sodas, cool-aid, and fruit 'drinks' give you nothing but extra calories. Drink water, milk, or juice for fewer calories and more nutrients. If you are really craving caffeine or the taste of something sweet, try switching to a diet soda or tea or coffee with artificial sweeteners.

Avoid the Extras

Whether it's an extra portion or extra toppings, 'extras' can make a healthy food choice higher in calories and fat. Salads, baked potatoes, turkey, lean chicken sandwiches, and even hamburgers can be pretty healthy as long as you don't smother them in dressings, cheeses, and the like.

Cook for More

So you don't have time to cook three healthy meals a day? How about cooking three healthy dinners in one day? Next time you're cooking, make extra servings and freeze or refrigerate for later in the week.

Bring Your Own

Does your cafeteria only offer doughnuts for breakfast? Is the only snack machine in your school filled with potato chips and cookies? Bring healthy alternatives to work or school to cut down on calories and give yourself more choices. Make your own sandwiches or bring leftover meals for lunch. Or if you don't have the time, stock up on healthy snack foods at the grocery store and bring them to work or school.

Choose Whole Over Processed

When shopping and cooking, choosing foods that are whole or less processed usually leads to better nutrition. For example, try fresh vegetables instead canned or frozen (when possible), brown rice instead of white, wheat bread instead of white bread, and whole grain pastas and cereals.