

## ARTICLE: EATING ON THE RUN

Eating on the run is likely to remain a fact of life, so it's how you handle it that makes the difference. Rather than be a victim of circumstance, learn to create healthy meals that travel well and are available everywhere.

Here are some tips on how to do just that:

1. **Beware of waiting too long:** Most of us only think of food once our stomach gives a loud groan of dissatisfaction. This is where most people are tempted to buy convenient snacks, like chocolates and chips. Make sure you eat regularly (every three hours or so) to prevent reaching a stage where it's difficult to make healthy choices.
2. **Plan ahead:** Take last-night's leftovers in a Tupperware to reheat for lunch. Perhaps even make a little extra food for supper for this purpose. And make sure your grocery cupboards stay well stocked.
3. **Travel-safe foods:** Try to find foods that will travel well and make a satisfying meal. Small tubs of yoghurt, fruit, thermos of soup or cereal, tins of salmon, cherry tomatoes, snowpeas and packets of nuts and seeds are all items that can easily travel. Hard-boiled eggs can be transported in a container and will stay fresh for a few days in the fridge.
4. **Drop the coffee:** Instead of your morning coffee with loads of milk and sugar, try drinking a glass of warm water with lemon or a cup of rooibos tea.
5. **Use a blender:** If you don't have time to eat breakfast, try blending some fruit natural yoghurt for a breakfast shake.
6. **Plan for a snack attack:** Keep healthy snacks like dried fruits, popcorn or grainy crackers in your desk drawer or in your handbag so it's available in case of a snack attack.

Although you should try to avoid processed foods, if you do decide to get takeaways for lunch, here are some tips to help you choose the healthy options:

7. Ask for sauces and dressing on the side so you can decide on the amount you eat.
8. Choose foods that are grilled, steamed, poached or stir-fried.

9. Try to eat the same portions you would at home. Restaurants often give you large portions of food. Don't eat more than you need just because it's there. Put the extra food in a doggie bag before you start eating or perhaps share it with someone else.

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