

Healthy Foods for People on the Go

College students live busy lives! It might be difficult to eat well with little time to prepare. As a result, the tendency is there to either skip a meal altogether, grab fast foods, or buy out of a vending machine. With a little bit of planning you can make some healthy food choices to fit your busy lifestyle and limited budget.

Breakfast

Breakfast is the most important meal of the day! Breakfast gives us energy to start a hectic day. The following are some examples of some healthy food choices.

- φ Bagels such as whole grain and wheat
- φ Muffins, especially whole grain
- φ Dry Cereal (i.e. Shredded Mini Wheat's or low-fat or no-fat added granola or other crunchy cereals)
- φ Dried Fruits (i.e. raisins, apricots, prunes, bananas, or Craisins)
- φ Fresh Fruits (buy in season; that's when fruit tastes the best and costs the least.)

Lunch

It may be easier to buy your lunch from the cafeteria or vending machine, but it isn't cost effective. An easy way to save money and time is to carry a sack lunch with you to class or work. The following are some helpful hints and ideas for making your lunch.

Pack your lunch the night before. Try a sandwich (i.e. peanut butter & jelly or turkey), some chips (low-fat or baked), fruit (i.e. an apple or pear), raw vegetables and dip(carrots and celery), something to drink (i.e. water or fruit juice), and perhaps a dessert (Jell-O, granola bar, or a brownie).

Soups and hot dishes are also great lunch items. If you don't have a microwave where you eat you may want to think about

investing in a thermos that will keep your food warm until you eat it.

If the deli offers good food at a low price, buy your main dish (a wrap or a submarine sandwich) but bring along other foods (i.e. fruit, chips, or dessert) so eating out doesn't cost as much.



Dinner

After a hard day at school or work, the last thing you want to think about is preparing your dinner. Dinner doesn't have to be difficult if you pick the right foods to cook. The following are food choices you can use when preparing your dinner.

- φ Soup is a quick and delicious meal. You can purchase soup either in a can or dried in packages.
- φ Stir fry is another great and healthy food choice. All you need is rice or pasta and vegetables. Some optional items to add are seasonings and beef or chicken.
- φ Salads are easy to make. Salads can be eaten as a side dish or a meal itself. Pieces of left-over chicken or tuna add protein.

With planning and a little bit of creativity you can create wonderful meals on a minimal budget. Also, your planning will ensure you have food that "travels well" when you need it on the go.

Food provides the necessary energy to help us get through the day! Don't leave home without it!

