



NUTRITION ON THE GO!

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Why do we eat?

- The human body needs food for survival.
 - Need vs Want
 - Food is converted into energy
 - Growth
 - Organ health and function

Be Proactive and Think Ahead

- Sunday or your off-day can be used to prepare staples that will be used throughout the week.
 - Freeze them if you are not planning to use it during that week.
- Shopping for the week
 - Make a list!!
 - Frozen and Canned vegetables are convenient
 - Make sure they contain zero preservatives
 - Look for low-sodium/no sodium and real fruit juice
 - Look for deals on foods that you normally eat.
 - Gather coupons ahead of time.

Menu Prep

- Have a menu set for the week.
 - Give each day a theme such as “Meatless Monday” or “Taco Tuesday”
- While prepping one meal, prepare vegetables or fruits for the next meal.
- Incorporate new foods by swapping them out for other foods in recipes.
- Pick recipes that do not have a lot of ingredients.
- Find Multiple purposes for foods. Example: Using leftover baked chicken in order to make soup.
- Make dishes that are typically great for cooking in large batches.

Restaurant Do's and Don'ts

- Be aware of calories from fat and milligrams of sodium.
- Know where to look for the healthy options
 - Critique those healthy options “Are they really healthy”
 - For example grilled chicken may have less fat than fried but also have a high sodium content.
- Look for filling vegetarian options.
 - If a vegetarian has beans and grains such as rice then it may be a filling dish.

Portion Control

- Know the difference between an actual cup of pasta and what is generally served.
- Portion control will not only prevent over eating but it will help save money as well.
- Portion control can lead to weight loss.
- Portion control is really a discipline of self-control.
- Leaves room for frequent meals versus large portioned meals.
- Use portion or sectioned containers.