

Get Smart

Eating on the Go

You know that eating a diet rich in fruits and vegetables is good for you, but you're constantly on the go. You can fit fruits and veggies into your everyday routine. Fruits and vegetables can be a part of a balanced diet anytime, anywhere.

Fruits and veggies are easy to eat while on the go. Follow these simple tips to include more fruits and veggies into your time away from home.

On the Go with Fruits and Veggies

- Blend a fruit smoothie or drink to take with you on your commute.
- Fresh fruits and veggies are nature's original fast food. Stick a banana, apple or celery stick in your bag for a quick and easy snack.
- When out at a restaurant, try vegetable stir fry, vegetable fajitas, veggie wraps, or vegetable soup. When ordering a sandwich, ask for extra veggies such as lettuce, tomato, onions, sliced peppers or cucumbers. Order a side of veggies with your meal, or pick three or four veggie sides and create your own vegetable plate.
- Salads are a great way to get a variety of fruits and veggies. Choose a salad with low-fat dressing (limit high calorie toppings like croutons instead) of fries.
- Roll it up: Make a fruit roll-up that travels anywhere. Start with tortillas and peanut butter then add your favorite fruits - fresh or dried.



On the Go with Kids

- When ordering a kids meal, substitute fruit for the fries.
- Have your kids help you make a large batch of trail mix at home using seeds, nuts, and dried fruit. Store trail mix in small bags so they are ready to go at a moments notice.
- Ants on a Log – spread peanut butter on a piece of celery. Add raisins as ants and you have a fun, healthy treat.

Visit www.fruitsandveggiesmatter.gov
for more great tips and recipes.



Strawberry Yogurt Shake

Shakes are easy to prepare and will easily travel with you in a cup. Make one on your way out the door to drink on the way to work.

- 1/2 cup unsweetened pineapple juice
- 3/4 cup plain low-fat yogurt
- 1-1/2 cups frozen unsweetened strawberries
- 1 tsp granulated sugar (optional)

1. Add ingredients in the order listed to a blender container.
2. Puree at medium speed until thick and smooth.
3. Pour into glass and enjoy. (Makes 2 servings.)

Nutrition info per serving*: Calories 140kcal; Fat 2g; Sodium 65mg; Carb 27g; Fiber 2g; Protein 6g; Vit A 2%; Vit C 90%; Calcium 20%; Iron 6%

Sun-Dried Tomato Hummus

Hummus is a great item to take with you for lunch or for a snack. Bring along dippable veggies, such as baby carrots and broccoli, to eat with the delicious hummus.

- 2 (15 oz) cans garbanzo beans, rinsed and drained
- 1/3 cup fat-free yogurt
- 1/4 cup tahini (sesame seed paste)
- 3 garlic cloves
- 1/2 cup chopped and drained sun-dried tomatoes packed in oil
- 1 tsp dried oregano leaves
- 2 tsp lemon juice

1. Process garbanzo beans, yogurt, tahini, and garlic in food processor until smooth.
2. Stir in sun-dried tomatoes and herbs; season to taste with lemon juice.
3. Refrigerate two hours before serving and keep in a cool container on the road. (Makes 8 servings.)



Nutrition info per serving*+: Calories 190kcal; Fat 5g; Sodium 400mg; Carb 29g; Fiber 6g; Protein 8g; Vit A 2%; Vit C 10%; Calcium 8%; Iron 15%

+Nutrition info per serving is for **hummus** only.



Grab & Go!

Stock your pantry, desk or refrigerator with items that can easily be taken with you. When you are in a hurry, you will have many delicious and nutritious snacks to choose from. Some great options include:

- 100% juice boxes
- Dried fruit, such as raisins, apples, and dates
- Fresh whole fruit
- Pre-packaged green salads (keep in a cool container on the road)
- Baked veggie chips
- Fruit in pre-packaged individual serving containers packed with water or fruit juice
- Buy whole fruits and veggies and cut them up at home for an easy and cheaper alternative to pre-cut fruits at the store. Keep in a cool container on the road
- No-added sugar applesauce in individual serving containers

*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories