

# Snacks on the go!

It is important to enjoy the pleasure of healthy eating, including those meals eaten while at work. Some people would like to spend part of their break to take a walk and take snacks to eat on the way or have a quick snack before they go.

Take along foods can be a healthy part of the day, just like walking. When looking for healthy take along foods or a quick snack, think balance and think portable. Balance ... think food groups from Eating Well with Canada's Food Guide and portable, easy to carry choices within each of the four food groups.

Remember to satisfy your thirst with water! Drink water regularly. It is a calorie free way to quench your thirst. Drink more water in hot weather or when you are very active.

## Vegetables and Fruit

Fresh vegetables and fruit are nature's portable snacks. So, take some cut up carrots and green pepper with you on your walk. Try an apple, banana, strawberries – what ever is in season and try to buy local when able.

## Grain Products

Try dried cereal mix, a home made muffin, bran bar or take a few whole grain crackers in a container to munch on.

## Milk & Alternatives

Although it can be tricky to eat yogurt while walking, how about a frozen yogurt tube, or even take a soy beverage & frozen yogurt smoothie in a reusable container. Cut up cheese cubes also travel nicely.

## Meat and Alternatives

Easy to carry snacks from this food group include nuts, seeds or roasted soy nuts (*if no allergies*), or grab a hard boiled egg (*peeled and ready to go*).

## Quick snack ideas before you walk ... Try these

- small homemade muffin and cheese
- small bowl cereal with milk
- crackers and cheese
- english muffin with peanut or soy butter
- small glass chocolate soy beverage and a banana
- bran bar and glass of milk
- raisins and peanuts
- chicken sandwich
- boiled egg and a few grapes
- apple sauce mixed with vanilla yogurt
- bread sticks and hummus
- pita with roasted red pepper dip (in most grocery deli sections)

## For food and nutrition information you can trust:

Visit the Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca) for news, recipes, tips and self-assessment tools.

*By Bonnie Conrad,  
registered dietitian and Health & Development Consultant with Healthy Workplace*