

Snack Ideas

For a snack with satisfying power, pair a carbohydrate (like grains, fruit or veggies) with a protein (like peanut butter, meat, or low fat cheese). Here are some healthier options:

- Apple with reduced fat cheddar cheese
- 1/4 cup trail mix (nuts & dried fruit)
- Celery and 2 T peanut butter
- 3 cups low fat popcorn with 12 almonds
- 12-15 whole wheat crackers with 1 oz low fat cheese
- 1 oz Pretzels dipped in 1 T peanut butter
- Orange and string cheese
- 1/2 turkey sandwich on whole wheat
- English muffin with 1 T peanut butter
- Low fat bran muffin with 2 T light cream cheese
- 1/2 whole wheat bagel with light cream cheese
- Instant oatmeal made with milk
- 3/4 cup high-fiber cereal with skim milk
- Carton of low fat yogurt with 2 T granola
- Carrot sticks with 1/3 cup hummus
- 1/2 cup low fat frozen yogurt with 2 T peanuts



Healthier Fast Food

Try limiting fast food to once weekly or less. Here are some healthier options on the run:

- Grilled chicken sandwich (without mayo)
- 1-2 slices veggie pizza on thin crust
- Veggie burger (without mayo)
- Grilled chicken salad with light dressing
- Small hamburger
- Low fat fruit, granola and yogurt parfait
- Small bowl of chili
- Turkey sandwich (or sub) without mayo or cheese, loaded with veggies
- Bean burrito (without cheese)
- 2 chicken soft tacos (without cheese)
- Healthier sides: fruit cup, apple slices, side salad with light dressing, small baked potato
- Healthier desserts: small frozen yogurt cone, fruit and yogurt parfait, apple slices with caramel

For more nutrition information contact the Health Promotion Department at 706-542-8690.

www.uhs.uga.edu/nutrition



Eating Healthy on the Run: Meals & Snacks



University Health Center
Health Promotion Department
www.uhs.uga.edu/nutrition



Quick Breakfast Ideas

- Small whole wheat bagel with light cream cheese*
- Whole grain cereal with skim milk*
- Hard boiled egg, whole wheat toast*
- English muffin egg sandwich*
- Oatmeal made with skim milk & raisins
- Banana and peanut butter smoothie (1 ripe banana, 1 cup skim milk, 1 T peanut butter, ice)
- Cottage cheese with fruit and nuts
- Dried fruit and nut trail mix, glass of milk
- Egg and veggie burrito*
- Slice of leftover veggie pizza*
- Fruit, yogurt and granola parfait
- 2 T peanut butter on whole wheat bread*
- String cheese with whole wheat crackers*
- Whole wheat toaster waffles with 1 T peanut butter or fruit preserves*
- Soy sausage patties wrapped in a whole wheat tortilla*
- Apple with reduced fat cheddar cheese

*Add a piece of fruit or 4 oz 100% fruit juice to complete the meal!



Sack Lunch Ideas

Grab a insulated bag, and toss in 1-2 of the items from each group*:

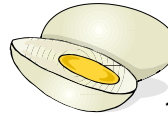
Grains:

Whole wheat bread or muffin
Whole grain tortilla
English muffin
Whole grain crackers
Brown rice
Whole wheat pasta
1/2 whole wheat bagel
Pretzels or baked chips



Protein:

1/3 cup hummus
Boiled egg
1/2 cup canned tuna
1-2 Tbsp peanut butter or nuts
2 oz sliced meat
2/3 cup edamame



Low-Fat Dairy:

1 cup low fat yogurt
1 cup low fat milk or soy milk
1 ounce cheese stick
1/2 cup cottage cheese
1 cup low fat kefir
1/2 cup low fat pudding
2 Tbsp light cream cheese



Fruit:

1 small piece fruit (apple, orange, pear, peach, banana, nectarine, etc)
4 oz 100% fruit juice
1 cup diced watermelon, cantaloupe, honeydew melon or pineapple
1/2 mango, diced
1/2 cup canned fruit in light juice
1 cup berries
18 medium grapes
2 Tbsp raisins



*Add some veggies for a nutrition boost.

Quick Dinner Ideas

- Baked potato stuffed with salsa, broccoli and low fat cheese (or cottage cheese)
- Chicken stir fry with frozen vegetables and brown rice
- Grilled chicken salad with low fat dressing and a whole wheat roll
- Whole wheat pasta with marinara sauce, chicken and frozen veggies
- Veggie pita pizza
- Turkey burgers on whole wheat bun, with carrot sticks
- Spinach and black bean quesadilla with low fat cheese
- Rotisserie chicken & baked sweet potato
- Veggie omelet made with low fat cheese, and wheat toast
- Black beans with a can of Rotel® tomatoes, on brown rice
- Veggie burger with 2% milk cheese slice on a whole wheat bun, with a side salad
- Whole grain cereal with milk
- Healthy frozen meal (< 600mg sodium and < 5g saturated fat)
- Fat-free refined bean burrito with low fat cheese and salsa
- Tuna melt on whole wheat bread, with broccoli

*Have a piece of fruit for a healthy dessert.

