



# Healthy Options When You're Out and About

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*Eating healthy on the go can be difficult, but restaurants and stores can accommodate your needs. The growing demand for healthier options has improved the offerings available just about everywhere, not just at restaurants. Here are some tips on finding healthy options if hunger hits when you're on the go.*

## Nutritious Food Options at a Convenience Store

Whether it's a gas station chain, airport kiosk, or convenience store, most quick-service establishments offer an array of better-for-you food items. Some larger chains even have kiosks offering a wide variety of made-to-order options.

When searching for healthier foods, be sure to search all aisles before making a decision. Most places offer a wide variety of beverages and snack options. You can also find high-quality protein and balanced meals if you explore. Below are some items to look for when shopping:

### BEVERAGE SECTION

- Bottled water
- Unsweetened iced tea
- Milk
- Chocolate milk
- Yogurt drinks
- Ready-to-drink smoothies
- 100% fruit juice

### FREEZER SECTION

- Frozen, microwavable meals

### COOLER AND/OR REFRIGERATION SECTION

- Single-serve yogurt
- Kefir
- Whole fresh fruit
- Fruit cups in 100% juice
- Pre-cut vegetables
- Cheese sticks
- Cottage cheese
- Hard-boiled eggs
- Hummus cups
- Guacamole cups
- Deli meat, like turkey, ham, or roast beef
- Pre-made sandwiches

### DRY FOOD SECTION

- Beef jerky
- Pretzels
- Popcorn
- Nuts
- Seeds
- Energy, cereal and/or protein bars
- Granola
- Dry-cereal
- Hot cereal
- Tuna pouches
- Single-serve soup cups



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## Quick Meals at a Chain or Grocery Store

You can stop in chain stores, like Target or Walmart, or even a grocery store to get a healthy meal. Food prices tend to be lower at these stores compared to convenience stores.

A lot of grocery stores have sections with prepared, ready-to-eat foods. Many even have culturally diverse, gourmet, and specialty items, like sushi, available. Get creative with what the store has available. For example, buy a rotisserie chicken and a bagged salad that includes the dressing to make yourself a delicious chicken salad. Or stop by the deli section, purchase a few slices of deli meat and cheese to make yourself a sandwich. Pick up a single-serve container of chocolate milk and a piece of fresh fruit from the produce section for a complete meal.

Grocery stores also have fresh or packaged soups, fresh vegetables, fresh or canned fruit, packaged tuna or salmon and yogurt. If you have access to a microwave, you can even buy a frozen meal and heat it up. There's something for everyone's taste and dietary needs.



## Something Is Better Than Nothing

Hunger is a signal from your body that it needs fuel. Even if you can't find a healthy option you like, it's important to eat or drink something. Consider what options you might have the rest of the day and make the best choice you can.



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