

Nutrition on the Go

In today's fast paced world, a lack of time can feel like a barrier to healthy eating. A busy lifestyle doesn't mean that nutrition has to fall to the wayside. Here are a few savvy strategies for making wholesome meals on the go that will help you save time while meeting your nutritional goals.

Write a shopping list for the upcoming week to avoid multiple trips to the grocery store. Group items in your grocery list to reflect the store layout such as keeping all produce items together. Consider shopping in the evening when grocery stores tend to be less busy. Frozen vegetables, bagged salads, and whole roasted chickens can be healthy time-savers.

At home, try preparing enough pasta to use in two different dishes. For example, pasta and meat sauce for supper and pasta, fresh cut vegetables, nuts and dressing for the following day's lunch. Share responsibility for cooking and grocery shopping with family members, friends, or roommates.

Eating a nutritious breakfast will give you the energy you need to kick-start your day. Here are a few morning time savers. Try pre-portioning yogurt, oatmeal or other morning favorites in ready-to-go containers the night before. Prepare a big batch of granola or muffins over the weekend for a handy morning breakfast throughout the week. Lay out your coffee mug, cereal bowl, and cutlery on the table the night before to speed up your morning routine.

Keep smart snacks like nuts, dried fruit, crackers, nut butters, or any other favorite healthy snacks in your bag or desk to make sure you always have an energy booster. Try protein-rich foods that pack a punch for lunch such as hummus, hard-boiled eggs, cheese cubes, tuna salad, diced chicken or ham. Keep the fridge stocked with plenty of grab-and-go veggies like sliced cucumbers, bell peppers, and carrot sticks for snacking.

The best way to balance a healthy diet with a busy schedule is to keep it simple! Focus on the time-saving strategies that will work best for your life and make them part of your daily routine. Over time, small changes will make a big impact on your health. Remember to plan regular meals, stay hydrated, snack smart, and you'll be well on your way to meeting your nutritional goals.

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