

Eating on the Run

When you're on the road, grabbing a quick meal on the go is sometimes unavoidable. While fast food present a variety of tempting options, making healthier choices doesn't have to be difficult. With some smart decisions, you can enjoy a fast meal without sacrificing your health goals. When possible plan your stop to eat and aim for a restaurant with healthier choices.

- Opt for grilled over fried to cut down on unhealthy fats and calories.
- Go for whole grain options (buns, wraps, bowls) for more fiber and longer-lasting fullness.
- Choose healthier sides like fruit, yogurt, or a side salad instead of fries.
- Be mindful of sauces and dressings: ask for them on the side or choose lighter versions.
- Drink water or unsweetened beverages to avoid extra sugar and calories.
- Pay attention to nutrition information online or in-store to make informed choices.
- Plan ahead by looking at the menu before you go to stay aligned with your goals.

By incorporating these strategies, you can navigate the fast-food landscape and make healthier choices that support your well-being while still enjoying the convenience and taste of quick meals.

Scan the QR code to access a short Cleveland Clinic Canada video with even more tips on how to eat healthier while on the run.

