

Snack Ideas

For a snack with satisfying power, pair a carbohydrate (like grains, fruit or veggies) with a protein source (like peanut butter, lean meat, or cheese). Here are some nutritious combinations:

- Apple slices with cheddar cheese
- Trail mix (nuts, dried fruit, cereal)
- Celery sticks with peanut butter and raisins
- Cowboy caviar with whole grain tortilla chips or Sunchips
- Chicken or egg salad with pita chips
- Whole grain crackers with hummus
- Pretzels dipped in peanut butter
- Orange and string cheese
- Sliced veggies with black bean dip
- 1/2 turkey sandwich on whole wheat bread or tortilla
- English muffin with peanut butter
- 1/2 whole wheat bagel with cream cheese
- Rice cakes or tortilla chips with guacamole
- Instant oatmeal made with choice of milk
- High fiber (5g or more per serving) cereal with choice of milk
- Yogurt topped with fruit and granola or cereal
- Carrot sticks dipped in hummus



Fast Food Choices

Here are some ideas to make nutritious choices when eating fast food:

- Opt for baked, broiled or grilled over fried options
- Load up on veggies on sandwiches, wraps or burritos, or try a vegetarian option
- Choose thin or regular crust pizza
- Add beans to your tacos or burritos
- Have your breakfast sandwich on an English muffin or bagel instead of a biscuit
- Add your own condiments or salad dressings yourself so you get exactly what you want
- Top your burrito bowl with brown rice and guacamole
- Grab apple slices, baked chips, or a side salad to complement your meal
- Choose a few items from the value menu to make a meal, like chili, a side salad, and fruit
- Don't forget to stay hydrated by including water with your meal

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



University Health Center
Student Affairs
UNIVERSITY OF GEORGIA

Eating Healthy on the Run: Meals & Snacks



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



University Health Center
Student Affairs
UNIVERSITY OF GEORGIA



Quick Breakfast Ideas

- Small whole wheat bagel with cream cheese*
- Whole grain cereal with blueberries and choice of milk
- Hard boiled egg, whole wheat toast*
- Egg sandwich on a whole grain English muffin*
- Oatmeal made with milk & raisins
- Banana and peanut butter smoothie (1 ripe banana, 1 cup 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*
- Tofu and veggie scramble*
- Fruit, yogurt and granola parfait
- Peanut butter on whole wheat bread*
- String cheese with whole wheat crackers*
- Whole wheat toaster waffles with peanut butter and fruit preserves*
- Turkey or soy sausage patties wrapped in a whole wheat tortilla*
- Apple slices with cheddar cheese*

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



Packed Lunch Ideas

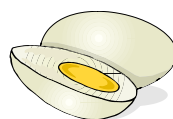
Grab a insulated bag, and toss in 1-2 of the items from each group:

Grains:

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



Protein:



Hummus
Boiled egg
Tuna (can or packet)
Nut butter or nuts
Sliced lunch meat
Edamame or roasted chickpeas

Dairy or dairy alternative:

Yogurt (regular or Greek style)
Milk, soy milk, or other dairy alternative
Cheese stick or string cheese
Cottage cheese
Kefir
Pudding



Fruit:

1 small piece fruit (apple, orange, pear, peach, banana, nectarine, etc)
4 oz 100% fruit juice
Cut fresh fruits (watermelon, cantaloupe, honeydew melon, mango or pineapple)
Canned fruit in juice or fruit cup
Dried fruit (raisins, craisins, etc)



Veggies:

Broccoli or cauliflower florets
Cherry tomatoes
Sliced veggies (carrots, cucumbers, celery, or peppers)
Snap peas

Quick Dinner Ideas

- Baked potato stuffed with salsa, broccoli and shredded cheese (or cottage cheese)
- Chicken stir fry with frozen vegetables and brown rice
- Grilled chicken salad with vinaigrette and a whole wheat roll
- Whole wheat pasta with marinara sauce, chicken and frozen veggies
- Veggie pizza on a whole wheat pita
- Turkey burgers on whole wheat bun, with carrot sticks
- Spinach and black bean quesadilla with shredded cheese
- Rotisserie chicken & baked sweet potato
- Veggie omelet made with cheese and whole grain toast
- Black beans with a can of Rotel[®] tomatoes over brown rice
- Veggie burger with sliced cheese on a whole wheat bun, with a side salad
- Whole grain cereal with milk and fruit
- Frozen meal (less than 600mg sodium and at least 2.5g fiber per meal)
- Bean burrito with brown rice and salsa
- Tuna melt on whole wheat bread, with broccoli

*Add a piece of fruit for a nutritious dessert.

