Healthy Eating-On-the-Go Tips for Men

Busy schedules have contributed to the common practice of eating on the run. One problem? Fast foods often contribute too much fat and sodium to American diets. However, today there are healthier choices at many fast food restaurants. A few options include grilled chicken versus fried, salads with half the usual dressing, junior versus super-sized burgers, baked potatoes versus French fries (that is if you don't load your potato with unhealthy toppings or butter).

Even sit-down restaurant dining can allow for healthy choices. Asking how food is prepared, requesting that butter, dressings and sauces be served on the side, selecting more fruit, vegetables and grains over meat, and choosing grilled rather than fried are all options to help you better regulate what you eat.

Packing your own lunch? You're in control! Men should eat their fruits and vegetables, too. The Centers for Disease Control and Prevention recommends that men eat "between 2 to 2.5 cups of fruit and 2.5 to 4 cups of vegetables every day. People who eat generous amounts of fruits and vegetables as part of a healthful diet are likely to have a lower risk of chronic diseases than people who eat only small amounts of them. . . Most fruits and vegetables are naturally low in fat and calories and are filling." Numerous healthy options are feasible when you pack your own lunch. Visit the livestrong.com web links below for ideas.

Eating healthily when on the go is for your health, so do it for you.

Get more fast-food, dining out and fruit & vegetable information for men:

- www.cdc.gov/nutrition/everyone/fruitsvegetables/results/men.html
- www.webmd.com/food-recipes/features/21-healthier-fast-food-meals
- www.livestrong.com/article/515089-healthy-lunch-for-men/
- www.livestrong.com/article/542561-great-packed-lunch-ideas-for-work/
- www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Ordering-Your-Meal_UCM_301471_Article.jsp
- www.livestrong.com/article/380329-how-to-eat-healthy-on-the-go/