



Good on the Go

Recommendations for
healthy eating on the go!



OUR PROJECT

We are all busy. We do not always have the time or energy to cook at home, so we eat out.

Eating healthy meals at a restaurant or from a drive-thru is possible!

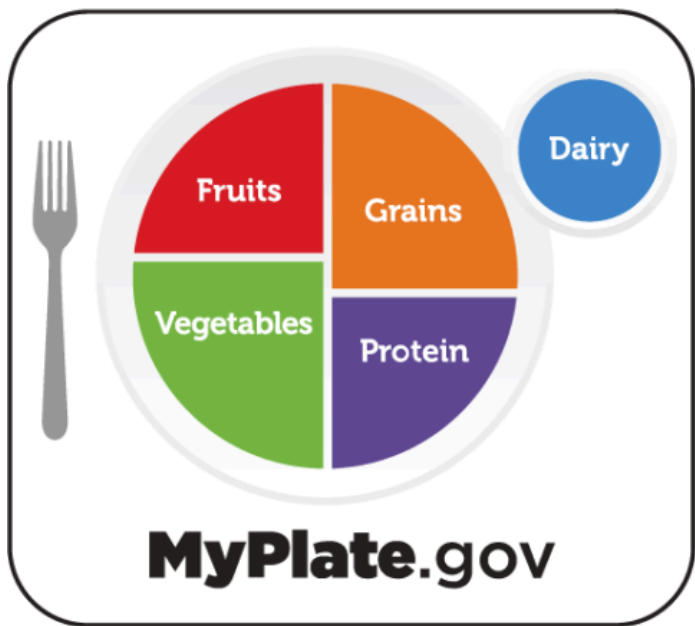
Read through our recommendations for eating “Good on the Go.”

TABLE OF CONTENTS

• The MyPlate Method	04
• MyPlate Breakdown	05
• Rethink Your Drink	06
• Sugar-Sweetened Beverages	07
• General Tips	09
• American Food	10
• BBQ	11
• Mexican	12
• Italian	13
• Deli	14
• Asian	15
• Snack Basics	16
• Drink Basics	17
• Notes	18



The MyPlate Method



The MyPlate Method is the easier way to eat better every day. MyPlate's symbol is a simple visual reminder to choose a variety of foods throughout the day. It represents what and how much to eat from each of the food groups over the course of the day, whether you eat on a plate, from a bowl, or another way.

MyPlate Breakdown

The following daily recommendations are for adults:

DAIRY – 3 cups daily

- **1 cup = 1 cup of milk or yogurt or 1.5 ounces of cheese.** Try low-fat or fat-free dairy products or fortified non-dairy options.

GRAINS – 5 to 10 ounces daily

- **1 ounce = 1 slice of bread, 1 cup of cereal, 1/2 cup of cooked rice, pasta, oatmeal.** Choose whole grains for at least half of your daily grains.

PROTEINS – 5 to 7 ounces daily

- **1 ounce = 1 ounce meat, poultry, fish, 1/4 cup cooked beans, 1 egg, 1 tablespoon peanut butter, 1/4 cup tofu, 1/2 ounce of nuts or seeds.** Choose lean proteins.

VEGETABLES – 2 to 4 cups daily

- **1 cup = 1 cup of raw or cooked vegetables, 1 cup vegetable juice, or 2 cups of raw salad greens.** Vary your veggies.

FRUITS – 1.5 to 2.5 cups daily

- **1 cup = 1 cup of whole fruit, 1/2 cup dried fruit, or 1 cup of 100% fruit juice.** Focus on whole fruits.

Rethink Your Drink

People who drink sugary drinks often are more likely to experience health problems. These problems include weight gain, obesity, type 2 diabetes, heart disease, cavities, and gout, a type of arthritis. **Learn how to rethink your drink.**

And the winner is....



WATER

By drinking water, you are choosing the **BEST** drink for your body and your budget!

Need some tips to make water more enjoyable?
Try our ABC's of choosing water:


Add sliced fruit, herbs, or citrus juice. Let the flavors mix for a few hours.



Bubble up! If you are missing soda, choose sparkling water or flavored sparkling water.

Chill out! Cold water often tastes even better.

Sugar-Sweetened Beverages

Sugar-sweetened beverages are the leading source of added sugars in our diet. In general, adults should consume 50 grams or less of added sugars daily. **The recommended daily added sugar limit (50 grams) is equivalent to 12 teaspoons.**  = about 4 grams of sugar



Coca-Cola, 12. oz, 41 grams of sugar



Orange Juice, 12 oz., 41 grams of sugar



Lemonade, 12 oz., 42 grams of sugar



Sweet Tea, 12 oz.,
28 grams of sugar



Sports Drinks, 12 oz.,
22 grams of sugar




Sparkling water
with a splash of
fruit juice




Coffee with 1
teaspoon of
sugar



Out on the Town or On the Go

Healthy Tips to Know



GENERAL TIPS

You'll be surprised at how easily you can make healthier choices when you're out to eat!

Check out our General Tips for Healthier Choices here.



Healthy Foundations

1. Make gradual changes.
 - You don't have to be perfect. Make small changes every day to create healthier habits.
2. Be a Portion Pal.
 - Eat mindfully. Eat slowly and make sure you are still hungry before eating more food.
3. Grilled is Great.
 - Swap fried food for grilled options.
4. Swap It or Save It.
 - If the default side item for a meal isn't healthy, swap it for a healthier item, or save it for later.
5. On the side, please! Taste first.
 - Ask for dressings, sauces, and other condiments on the side. Taste your food before you add salt or other condiments.



AMERICAN

American food can be part of a healthier diet. You just have to know where to look!

Suggestions

1. Choose a grilled lean protein, like chicken, shrimp, or fish.
2. If you want a burger, try a chicken, veggie, or black bean burger and see how you like it!
3. Consider swapping or removing some higher fat condiments. Ask for your dressing on the side so you can decide how much, or swap it for a vinaigrette. Instead of mayonnaise, try mustard.
4. Choose whole grain breads.
5. Swap french fries for the veggie of the day, a broth-based soup, or a side salad.

Menu Ideas

- Grilled Chicken Sandwich with a vegetable side.
- Chicken, shrimp, or vegetarian salads with dressing on the side! Look for salads with lots of fresh toppings.



BBQ

This North Carolina tradition can surely be a part of your well-balanced diet!

Suggestions

1. Try barbeque chicken instead of pork or brisket.
2. Instead of tomato-based sauce, try vinegar or mustard-based. Or, if you are absolutely loyal to tomato-based BBQ, try putting a little less sauce on your BBQ this time.
3. Remember that your protein only needs to be 1/4 of your plate. Think through your side options to make sure you get grains and vegetables, like collard greens, side salad, green beans, corn muffin, etc.
4. Swap french fries for the veggie of the day, a broth-based soup, or another vegetable side.

Menu Ideas

- Barbeque Chicken or Pork Plate with bread and green vegetable sides, or a sandwich with green vegetable sides.
- Salad with Barbeque Chicken and bread.



MEXICAN

Mexican food highlights fresh ingredients, great spices, and a multitude of options for healthy eating.

Suggestions

1. Choose a grilled lean protein, like chicken, shrimp, or fish.
2. Opt for black or pinto beans in place of refried beans.
3. To increase fiber, choose brown rice instead of white. For tortillas, pick corn or another whole grain instead of flour.
4. Try salsa and guacamole instead of queso/cheese dip.
5. Chicken or shrimp fajitas are a great choice. You may be able to ask for extra veggies!
6. If something is topped with queso/cheese, get it on the side!

Menu Ideas

- Grilled Shrimp or Chicken Fajitas.
- Grilled Chicken or Shrimp, Rice, & Veggies.
- Grilled Chicken/Shrimp Tacos or Salad.
- Taco/Tortilla Soup.



ITALIAN

The favorite pizza and pasta night can easily be part of a well-balanced diet!

Suggestions

1. Share a plate! Italian food has a lot of potential to split entrees. Consider ordering an entree-size salad and an entree-size pasta or a pizza. Split the two entrees with someone else!
2. Make your plate half salad and half pizza or pasta. Remember that your salad or other vegetables should account for about one half of your plate.
3. Choose a tomato-based sauce like marinara over alfredo or a cheese sauce.
4. Choose a grilled lean protein, like chicken or shrimp.
5. Look for vegetarian/vegetable dishes and pizzas.

Menu Ideas

- Pizza and Salad Plate.
- Pasta with Chicken or Shrimp and Salad Plate.
- Try vegetable heavy dishes, like vegetable lasagna or eggplant dishes.



DELI

Sandwiches and soups are easy ways to add vegetables. Try it today!

Suggestions

1. Choose whole grain or wheat bread for increased fiber.
2. Choose a lean protein, like turkey, chicken, or tuna for your sandwich.
3. Choose one serving of cheese.
4. Find sandwiches without a lot of sauce. These sandwiches can have a lot of sugar and fat hiding in the sauce.
5. Add vegetables like lettuce, tomato, cucumbers, etc. or make your sandwich into a salad!
6. Get soup or a side veggie instead of fries or chips.

Menu Ideas

- Veggie Soup and Turkey Sandwich combo - add veggies to your sandwich!
- Sandwich and Salad Combo.
- Veggie Soup or Chili and Salad Combo.



ASIAN

Many Asian cuisines combine fresh vegetables and great flavors. Let's eat!

Suggestions

1. Choose brown steamed rice instead of white or fried rice, and steamed items, like dumplings.
2. Choose a lean protein, like tofu, chicken or shrimp for your entrees.
3. When choosing a meat dish, choose non-breaded options to avoid extra fats from fried.
4. Many Asian cuisines also have delicious and nourishing soups. Try one as a side dish or an entree.
5. Sushi can be a great balanced meal.
6. Try curry-based dishes for more flavor with your protein and veggies.

Menu Ideas

- Egg Drop, Miso, or Wonton Soup.
- Steamed dumplings and vegetables.
- Sushi - look for rolls without tempura (fried) elements.
- Entrees like chicken and broccoli, or shrimp and vegetables with brown rice on the side.

SNACK BASICS

You'll be surprised at how conveniently you can find healthy snacks ready-made at stores.



Snack Ideas

1. Snacks should combine at least 2 groups, including protein, fruits/vegetables, and grains.
2. Most grocery stores have a snack area. Stop in to find your healthy snack.

Snack Ideas

- Yogurt parfait
- Veggies and hummus
- Crackers and Cheese
- Yogurt and granola bar
- Protein shake



Drink Ideas

1. If you want a sweetened coffee or tea, use sugar-free syrups or sweeteners when possible.
2. Choose low-fat, skim, or non-dairy milk instead of whole milk or cream. Skip the whipped cream.

Drink Ideas

- Nonfat latte with sugar-free sweetener.
- Black coffee or americano.
- Unsweetened or sugar-free sweetened hot or iced tea.
- Nonfat or low-fat frappe with sugar-free syrup.

COFFEE & TEA DRINK BASICS

Some days, we all need a caffeine boost. Find ways to make yours slightly healthier by skipping the sodas, and trying coffee or tea for your energy boost.

NOTES

List some of your favorite
“Good on the Go” meals
and restaurants below.


NOTES

List ways that you enjoyed eating fruits and vegetables here. Try to replicate those dishes at home!



Health Department
CLEVELAND COUNTY

Healthy Together
CLEVELAND



**For more information
or resources, visit the
following sites:**

bit.ly/cchdresource

&

healthytogethercleveland.org