

On The GO!

Walk the Walk...Just Don't Eat the Eats

Walking around a mall is a great way to exercise. However, there are many tempting restaurants and eateries that can sabotage anybody's healthful eating plan. You can enjoy your favorite foods while shopping; here are tips for eating well while shopping:

- Eat breakfast or a snack before you head out. Shopping on an empty stomach may make you go overboard at lunch. Have a light morning meal of instant oatmeal topped with cranberries or lean ham on a toasted English muffin with vegetable juice.
- Share your lunch or snack with a friend and cut your calories in half.
- Don't deprive yourself of your favorites. If you crave something sweet, don't worry. The average person can burn 200 calories to 300 calories per hour during a brisk walk. Carry your packages and park away from store entrances to help to burn extra calories.
- Drink up. Carry a water bottle and drink one cup every hour.

Be Prepared!

A full day of shopping can tire anyone out, and can lead to skimpy meals or no meal at all when you get home. Before you leave the house, get dinner started in a slow cooker.

Try recipes that include meat or poultry with chopped fresh or frozen vegetables, seasoned with herbs and spices, canned soup, gravy or wine and broth.

Round out your slow cooker meal with a salad or fresh fruit and whole-grain bread or rolls.

When you get home, your stomach will thank you for preparing dinner ahead of time.

On the Road...AGAIN!

Bring foods that are easy to carry, store and eat, such as:

- Single-serving boxes of cereal, trail mix, energy bars, granola bars, cereal bars, bagels, muffins, crackers, popcorn and chips.
- Carrot and celery sticks and other cut-up raw vegetables, grapes, single-serve applesauce, whole fruit (apples, peaches, bananas), dried fruit mix and juice boxes.
- Single-serve milk or soy beverage boxes and pudding cups.
- Nuts and single-serve packages of peanut butter and crackers or cheese and crackers.

Fuel Up!

If shopping is on your schedule, you'll need lots of fuel to get you through the day. Start out with complex carbohydrates such as bread, cereal or even a cereal bar. Add a little protein like milk, yogurt or cheese and throw in a piece of fruit for the trip. With this fuel you'll have a good three hours of energy.

When it comes to refueling your body, remember to follow the same plan—carbohydrates and protein. This combination provides glucose for muscles and cells, and protein to repair them.

Another important part of your day is adequate hydration. Carry a water bottle and try to consume one cup of water every hour. With this plan you can't go wrong.

Produced by ADA's PR Team www.eatright.org

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