



Small changes like packing your own healthy snacks can make a big difference to your health

HEALTHIER 'On the go' MEALS & SNACKS

Making healthier food and drink choices while working 'on the go' can often be a challenge.

For workers who are constantly on the go, eating healthy can present additional challenges such as:

- Difficulty accessing fresh, healthy food and cool water;
- Inflated cost of food at roadhouses, lunch bars or cafes;
- Reduced opportunities to regularly stop and eat;
- Ability to store food safely.

To assist workers on the go to eat healthy, consider the following:

- Providing a drink bottle for workers to ensure access to safe and clean water;
- Offering solutions for safe food storage, such as eskies or chiller bags with ice blocks.

Tips for snacking on the go

There are also a range of food and snack ideas widely available, many of which don't require refrigeration. However, some would benefit by being stored in a chiller bag or esky if accessible.

Many of the snacks recommended come in individual snack packs, which are:

- Quick to grab in a hurry;
- Easy to store, less prone to spoilage or getting squashed; and
- Assist with portion control.

Snack ideas for workers on the go

Tip: Pack an esky or cooler bag for your workday on the road. Fill your esky with foods such as unsalted nuts, vegetable sticks, fruit, cheese and wholegrain crackers, low fat yoghurt or milk, boiled eggs, healthy muesli bars, baked beans and tinned fish.



Whole **pieces of fruit** that are easy to eat (apples, mandarins, plums, bananas)



Fruit snacks in natural juice (140g *snack packs*)



Small tins (220g) of salt reduced **baked beans** or spaghetti



Tuna in Springwater (95g *can*)



Tetra packs of long life, reduced fat plain or flavoured **milk**



Tuna and wholegrain crackers *snack packs*



Rice crackers or **rice cracker** mix (30 – 50g *snack packs*)



Carrot and celery sticks with no added salt peanut butter or salsa



Wholegrain breakfast cereal (45g *individual serve*) with reduced fat long life milk



Plain, unsalted **nuts** (50g *snack packs*)



Four bean mix *snack pack*



Rice cakes or corn thins – plain or with a small amount of diet jam



Sandwich – wholegrain bread with no added salt peanut butter or diet jam



Popcorn – plain or lightly salted (30g *snack packs*)



2 plain pikelets (bought or home made) with no added salt peanut butter or diet jam



Dried fruit (30g *snack packs*)

Pulling over for a bite to eat

For the times when one pulls over to grab a bite, it is still important to consider 'health'. Like any healthy eating recommendation, the key messages are to increase fruit and vegetables and to reduce the amount of saturated fat, added sugar and salt consumed. **Good choices include:**

A **lean burger with salad** is a healthier choice than deep fried takeaway. Ask for grilled meat and add lots of salad. Avoid adding cheese, bacon or creamy sauces.



Look for **meals with eggs**. Eggs are high in protein and packed with nutrition. Meals with boiled or poached eggs are best.



One of the healthiest takeaway options is a **wholegrain sandwich or wrap**. Choose a lean meat filling - avoid deep fried or crumbed options, add lots of salad and ask for no butter or margarine.



Pastry based foods are very high in fat and kilojoules. Instead, try **frittata or a pita bread** based option.



Reduced fat yoghurt with a fruit or muesli topping can be a healthy option, just watch the portion size. Look for small tubs of around 200g.



When ordering hot meals or stir fry style meals the portion size can be huge - ask for a **lunch size portion and extra vegetables** when possible.



Vegetable soup is a great way to help meet your vegetable requirements. Look for clear or tomato based varieties and avoid creamy or cheese based options.



Sushi is a good choice when on the road, it's healthy and easy to eat. Look for vegetable and fresh fillings, avoid crumbed or coated fillings and creamy sauces.



Most of the time a **salad with lean meat or legumes** is a healthy choice. Just watch out for creamy dressings, deep fried croutons and cheese, which can add unwanted kilojoules and fat.



Water is the best choice to quench thirst and avoid unwanted kilojoules and sugar, followed by plain sparkling water, reduced fat flavoured milk, 99% fruit juice and diet soft drinks.

