

# PAPARAZZIE

**How  
Mick  
Jagger  
Still Gets  
What  
He  
Wants**



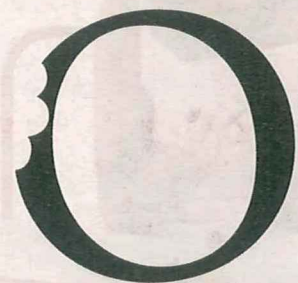
**6 Foods To  
Keep You  
Healthy**

**Yummy  
No-Guilt  
Desserts**

**A Star Of  
The Office  
Trades In  
His Suit**

# Healthy Ways To Eat On The Run

By Lynn Schnurnberger



*Our lives these days are go, go, go, which can leave us running on empty. When we eat outside the home, "portions go up and nutrition goes down," says Kelly D. Brownell, director of The Rudd Center for Food Policy and Obesity at Yale University. Still, experts say that, with planning, it's possible to eat on the go and stay healthy. Here's how.*

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## ■ AT THE OFFICE

A whopping 75% of office workers eat at their desks two or three times a week, according to the American Dietetic Association. If you do, prepare something healthy and satisfying in advance. Bring in nutritious snacks as well, for energy and to stave off hunger. Otherwise, it's too easy to help yourself to whatever is available. A study at the University of Illinois at Urbana-Champaign found that secretaries whose candy dishes were close at hand ate more than twice as many chocolates as those whose dishes were six feet away.

• **Stock up the office fridge**, suggests dietitian Elisa Zied. Among the foods she recommends: low-fat yogurt or cheese paired with whole-grain crackers; hummus or natural peanut or almond butter; raw vegetables and a dip such as salsa, which is fat-free.

• **Prepare protein-packed foods** that promote a feeling of satiety. Make sandwiches or salads with canned tuna or salmon, lean meats or skinless turkey.

• **Use the microwave**, if there is one, to heat up instant oatmeal for breakfast. Foods with a high water content—such as broth, an apple or a salad—are volume-satisfying and a low-calorie way to start your lunch,

says Barbara Rolls, a nutrition professor at Penn State University.

• **Snack wisely.** Instead of candy, why not fill the bowl on your desk with the Japanese soybean snack edamame? "They're a great source of protein and satisfyingly chewy," says Dr. Juan Remos of the Miami Institute for Age Management and Intervention.

## ■ IN THE CAR

In the rush to get to school, daycare or work, some families end up eating breakfast in the car. "Children get less than a quarter of the protein when they're eating in transit than they do from a meal at home," says Cheryl Rock of the University of California's San Diego School of Medicine.

**If you eat at your desk, prepare a protein-filled lunch in advance**

To up the nutrition value, bring fast foods other than the ever-popular candy or chips.

• **Choose foods that travel well.** Peanut butter sandwiches on pita don't require refrigeration. Neither, immediately, do most fruits or vegetables.

• **Keep fruits and vegetables bite-sized.** Studies at the Cornell Food and Brands Lab find that kids are 12% more likely to eat an apple if it's cut up. Baby carrots and blueberries are

ready-to-serve. Other choices: cubes of low-fat cheese, rice cakes, baked whole-grain crackers and miniboxes of rolled oats, shredded wheat or puffed corn cereal. (You also can bag your own.)

• **Control portions** by using small-sized plastic bags. You'll feel like you're getting more to eat.

• **Buy takeout selectively.** If you have to make a



fast-food pit stop, choose grilled over fried foods, chicken over burgers, salad instead of fries or onion rings, and milk and water in place of shakes.

## ■ AT THE MOVIES

The distraction of the film and the munching sounds of others in the theater lead to mindless eating. A study by Brian Wansink, now executive director of the Department of Agriculture's Center for Nutrition Policy and Promotion, found that people who were given a

### GREAT FOOD VIDEOS!

Step-by-step instructions on how to make healthy on-the-go meals at [Parade.com](http://Parade.com).



## Good To Go

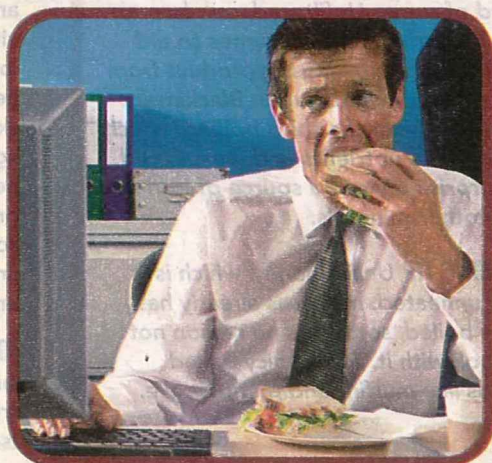
■ **Energy bars.** Look for brands high in fiber (at least 4 grams), low in fat and sugar, with 5-10 grams of protein.

■ **Nuts.** Dry-roasted walnuts, cashews and almonds are loaded with protein and healthy fats, as are peanuts.

■ **Dried fruit.** These provide sweetness, fiber and antioxidants.

■ **Cheese.** Small, individually packaged servings of low-fat string cheeses don't need immediate refrigeration and contain calcium and protein.

■ **An apple.** Easy to store in a desk drawer or to toss into a backpack, apples take the edge off of hunger.



PHOTOS BY WOODS/GETTY (MAN EATING SANDWICH) AND ACE STOCK LIMITED/ALAMY (KIDS IN CAR) PHOTO BY CORBIS/JUPITER IMAGES