



SOUTH DAKOTA STATE
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Family Food Cent\$

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Eating Smart on the Run

When we are at home, eating a healthy meal or snack is not so difficult, but it is much harder when we are in a hurry or away from the home. There are many factors that can contribute to this fast paced lifestyle, but here are some ways to eat smarter on the run.

- Take time weekly to grocery shop and make a list that includes meals, lunches, and snack items.
- Eat breakfast, even if it is in the car. Example: banana, apple, whole grain toast
- Pack lunches the night before. This way, if you are in a hurry, you can grab and go!
- Have healthy snacks and reusable water bottles on hand to grab for kids and adults to help manage the hectic days.
- Avoid vending and soda machines, as often these items aren't healthy and are overpriced. To save money and your health, buy healthy snacks and bring them to your workplace.

This is why planning and preparation is so important. Even though you know which foods are healthy, you may not be able to find them in the moment you are hungry. Preparing healthy choices before leaving the house can prevent unhealthy habits from beginning.



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For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Making Healthy Choices When Eating Out

Whether you are eating fast food or at your local restaurant, eating outside of the home can be expensive, and hard to maintain a good diet. Some say that it isn't even possible! Regardless, there are always better choices to be made when putting yourself in that environment. Here are some tips.

- Choose foods that are baked, grilled, broiled or steamed
- Avoid cream sauces
- Choose menu items high in fruits and veggies
- Order dressings, gravies or sauces on the side
- Choose low-fat toppings like salsa or fat-free dressing instead of sour cream, butter or cheese
- Take part of your meal home
- If you order dessert, share it with a friend or family member



How to Pack a Healthy Lunch

There are only a few things you need to eat healthy on the run. Instead of looking for healthy choices outside the home, start bringing your healthy options from inside the home. By preparing a lunch bag before you head out the door, you can save yourself a lot of hassle, and control what you eat. Here are some simple ideas that you can fill your lunch bag with to sustain healthy choices.

Whole Grain	Choose whole grains to build a healthy lunch. Select whole-wheat or whole-grain crackers, bread or even cereal.
Protein/Dairy	Look for low-fat options that are also low in sodium, like peanut butter.
Vegetable/Fruit	Precut your veggies and fruits so you can grab them on the run. Choose a variety of colors.
Beverage	Drinking water is a very important part of your health. Your drink choice can be the difference between a healthy meal versus an unhealthy meal. Avoid sugary drinks like soda, juice and energy drinks.





This refreshing pineapple, banana and berry blend smoothie has 2 and ½ cups of fruit per serving.



Enjoy a simple twist on the classical quesadilla. These quesadillas can be served as a tasty lunch, dinner or side dish.

Very Berry Smoothie

Makes 2 Servings

Ingredients:

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skim milk (or almond milk)
- 1 ½ cups ice

Directions:

Peel and slice the banana. Gather all ingredients and combine in a blender. Cover and blend until smooth. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

Nutritional Information per serving: Total Calories 252; Total Fat 1g; Saturated Fat 0g; Protein 7g; Carbohydrates 59g; Dietary Fiber 13g; Sodium 59g

Black Bean and Sweet Potato Quesadillas

Makes 4 Servings

Ingredients:

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| 1 non-stick cooking spray | 1 ½ teaspoons paprika |
| 1 medium sweet potato (cooked and cut into pieces) | ½ large chili pepper |
| 1 cup black beans, canned | 2 tablespoons sour cream, low-fat OR reduced fat plain yogurt |
| 1 small onion | 8 whole wheat tortillas |
| 1 clove garlic | ¼ cup cheddar cheese, reduced-fat |
| 1 ½ teaspoons ground cumin | ½ cup baby spinach |

Directions:

Saute onion and garlic (using nonstick cooking spray) in a medium size pan until soft. Add sweet potatoes, black beans, spices, and jalapeno. Heat until just warm. Spread potato mixture over tortilla, then top with baby spinach, cheese, and onion. Top with second tortilla. Heat a pan on high heat and spray with nonstick cooking spray. Brown quesadilla about one minute on each side, until the inside is warm and the cheese is melted.

Nutritional Information per serving: Total Calories 449; Total Fat 11g; Saturated Fat 3g; Protein 15g; Carbohydrates 73g; Dietary Fiber 1g; Sodium 814mg



Classic Macaroni and Cheese

Makes 8 Servings

Ingredients:

2 cups macaroni
1/2 cup onion (chopped)
1/2 cup evaporated milk, non-fat
1 large egg (beaten)
1/4 teaspoon black pepper
1 1/4 cups cheese, finely shredded sharp cheddar, low fat
cooking oil spray

Directions:

Wash hands with soap and water. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350 degrees. Lightly spray saucepan with nonstick cooking oil spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

The ultimate comfort food! This healthier version of a family favorite uses non-fat evaporated milk and low-fat cheese to create its creamy sauce.

Nutritional Information per serving: Total Calories 170; Total Fat 3g; Saturated Fat 1g; Protein 11g; Carbohydrates 25g; Dietary Fiber 1g; Sodium 136mg



Fruit Salad with Yogurt

Makes 4 Servings

Ingredients:

2 cups strawberries (sliced)
1 cup blueberries (rinsed)
1 cup pineapple chunks (canned, or fresh)
3 tablespoons pineapple juice
2 cups plain low-fat yogurt
1/8 cup almonds (sliced or slivered)

Directions:

Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature. Place 1 cup of fruit salad in a small bowl and top with 1/2 cup of yogurt. Sprinkle almonds on top of each fruit salad. Serve immediately.

Notes

Any 100% fruit juice can be used instead of pineapple juice.

This colorful salad combines sliced strawberries, pineapple chunks and blueberries coated in pineapple juice. Serve topped with low-fat yogurt and slivered almonds for a treat that looks as good as it tastes.

Nutritional Information per serving: Total Calories 171; Total Fat 4g; Saturated Fat 2g; Protein 8g; Carbohydrates 28 g; Dietary Fiber 4g; Sodium 88 mg

