



Eating Healthy on the Run:

You're off to the races! School just ended and the kids have activities planned right after school. You've got to get them there in a hurry and they'll be hungry. There's no time to prepare a healthy snack so you settle on a bag of their favorite chips and a bottle of water. Sound familiar? Good news...there's no need to sacrifice good nutrition for convenience.

I'm David Grotto, registered dietitian on behalf of Produce for Kids with some great tips on how to eat healthy on the run.

With a little planning, you can put together healthy and delicious snacks in minutes. And snacking is a good thing for your kids to do as research shows that healthy snacking can lead to better weight management. Here's a short list of snack ideas to get you started.

How about whipping up a potassium-rich orange-banana fruit smoothie before you hit the road?. Take a cup of OJ, 1 banana and about six ice cubes. Blend well. For an extra protein kick, mix in some fat-free fruited Greek yogurt.

Or how about caramel apple lolly on a stick? Cut apples into slices and insert a popsicle stick into one end. Dip each slice into your favorite caramel sauce. Place on wax paper and freeze. Take along some string cheese for extra protein.

A south-of-the-border PBJB wrap is fun, nutritious and convenient. Take a whole wheat tortilla, smear your favorite nut butter, soft fruits such a ripe strawberries, bananas, raspberries, pears and even watermelon on top, of the nut butter and simply roll up. Cut off the messy ends and have the kids eat them as a "pre-snack" snack.

And most importantly, get the kids involved with ideas and helping to prepare the snacks. That way there is a greater chance that they will be eaten instead of wedged into the pocket behind the driver seat. ewww...