

# Fast & Fabulous

## Top Tips For Healthier Eating On the Go

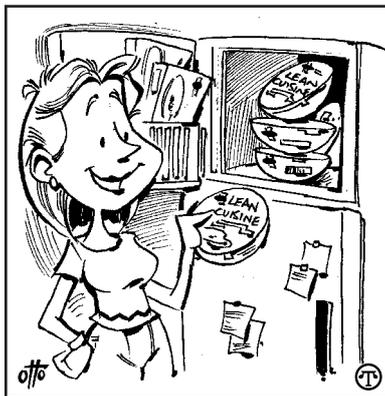
(NAPSA)—For many people, living life to the fullest often means going full speed ahead at the expense of healthy eating and good nutrition. Fortunately, incorporating some simple changes can make long-term differences for a better diet—without sacrificing a fast-paced lifestyle.

When eating on the go, most people make three common mistakes that lead to unhealthy eating. First, they don't plan ahead and end up making poor choices because they are pressed for time. Second, they skip meals and then over-indulge later on. Third, they don't incorporate well-balanced meals into their day to support their active lives.

Here are five tips to help make it easier to eat healthfully while on the go:

1. Plan ahead. You're more likely to eat "fast food" if you don't have "good food" choices at your fingertips. For example, if you know you're going to be busy throughout the day with little time to break for a well-balanced meal, pack a healthy snack to put in your briefcase, gym bag or in your car. Insulated lunch bags are great for storing fruit, cheeses or even frozen meals.

2. Stock up at work and home. Keep your home and office fully



### Stock your freezer with healthy, quick-fix meals.

stocked with pre-cut fresh fruits and vegetables, and other snacks such as low-fat yogurt and low-sodium soups.

3. Make smart choices. You don't need to deprive yourself of your favorite foods or even drastically reduce the amount you eat. Simply make smarter choices like opting for baked tortilla chips and salsa instead of potato chips.

4. Don't skip meals. Often, skipping meals will lead to overeating later on.

5. Stock your freezer with low-calorie, low-fat frozen foods that you enjoy eating. Having delicious and nutritious, quick-fix food on hand can keep you from

bingeing on something inappropriate. For example, the new Stouffer's Lean Cuisine Café Classics Bowls feature layers of great-tasting ingredients and include at least one full serving of bright, crispy vegetables for a delicious and nutritionally balanced lunch or dinner, all in one easy-to-handle bowl.

Unlike other bowl products, Lean Cuisine bowls feature tender meats, zesty seasonings and crisp vegetables over pasta or rice while delivering convenient, one-step preparation with no messy sauce pouches to open. They can be microwaved in just four minutes, which is very convenient for today's on-the-go healthy eater. The six new bowls include Chicken Teriyaki, Grilled Chicken Caesar, Teriyaki Steak, Creamy Chicken and Vegetables, Chicken Fried Rice and Three Cheese Stuffed Rigatoni.

It's important that you try to do something good for yourself every day. Eating on the go does not mean people need to sacrifice good food and a well-balanced diet. Even the smallest changes can result in improved health and a more balanced lifestyle.

For more information on Stouffer's Lean Cuisine Café Classics Bowls, visit [LeanCuisine.com](http://LeanCuisine.com).