

Total Nutrition

Dashboard Dining Good Choices While Out on the Open Road

(NAPSA)—Though it's not the first place you would choose to eat, your car may be one place where you occasionally catch a meal. Today, the phrase "to go" means food is not going home, it's going with you in the car while you shuttle yourself or your kids between appointments, practices and games.

About 40 cents out of every dollar spent on food buys meals that are eaten away from home—much of it spent on fast food. Data show the trend will continue, with the fast food industry growing at double the rate of traditional sit-down restaurants.

So while your dashboard is not the ideal place to fuel up, on days when it is necessary, use these tips to ensure that you eat as healthfully as possible.

- **Step out of the box if you're dining alone.** Pass up the usual kid-favorite burger and taco shops. Instead, drive to a bagel store, deli, ethnic restaurant or supermarket. Choose a vegetable sandwich or wrap, a fresh fruit salad with yogurt or a deli salad made with grains and vegetables. You can even enjoy a serving of soup (broth-based)—simply have it served in a coffee cup so you can sip it while behind the wheel.

- **Watch portion sizes.** Over the past several years, the amount of food served at restaurants has ballooned. Meal deals and super-sized options are better buys price-wise, but they are not a good deal when it comes to your health. Studies show that regardless of hunger, the more a person is served, the more he or she will eat. Downsize. Order regular-sized sandwiches, drinks and accompaniments.

- **Accessorize meals with color.** Rarely is there much in terms of fruits and vegetables on fast food menus. Supplement your meal with a bag of baby carrots,

Have It Your Way

There are a few key phrases to add when ordering fast food.

- **"Hold the sauce and mayonnaise."**
They tack on at least one hundred more calories to your meal.
- **"I'd like to substitute this for that."**
Some restaurants offer multiple toppings on their sandwiches, baked potatoes, chili, etc. Double up on the vegetable toppings, lettuce, tomato or salsa in lieu of cheese sauces, sour cream or butter.
- **"Please divide that into two servings."**
Sometimes there is no meal on the menu to fit a smaller appetite. Try splitting the meal with someone else in the car or ask the server to divide the meal in half. Eat half now, half later.



grapes, apple or orange wedges, broccoli flowerets, or dried fruit, from home. Skip the fries and pass around a couple bags of vitamin-rich fruits and veggies to the crew in the car.

- **Make your drink count.**
The only ones that really do are low-fat or fat-free milk, water, juice or tea. Leave the empty calories at the counter and select beverages with health benefits.

A great start toward Total Nutrition. You can make your own fast food snacks to carry in the car. Envelopes of powdered instant breakfast drinks can be easily stashed in the glove box—pick up a small carton of milk at a drive-through and you have a vitamin-filled mini-meal in seconds. Bags of nuts, raisins or ready-to-eat cereal are crunchy, more creative and much more healthful snacks than the usual chips and candy fare.

Brought to you by Total cereals, breakfast cereals with 100% of the daily value of at least 11 vitamins and minerals.