



Healthy Eating

Health and Wellness

Tip of the Week
Week 12
March 23, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

Go-To Tips For Eating On The Run

In our fast-paced world, it's not always easy to eat a wholesome meal at home. Research shows that people who eat out often tend to have more body fat. But you can eat out and eat right, too. Try these tips for healthy eating on the go:

- Box up half of your meal when it's served and take it home with you.
- Focus on other things instead of food and stop eating when you are full.
- Share your meal, order a smaller portion or order a small appetizer rather than a large entrée.
- Skip large, supersized, sugar-sweetened drinks, which are loaded with calories.
- Pack a small cooler of healthy foods when traveling, such as sliced raw veggies, fresh fruit and fat-free or low-fat dairy foods.

Sources: National Institute of Diabetes and Digestive and Kidney Disease; U.S. Department of Health and Human Services

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