



Heart Healthy Grab 'n Go!

Following a healthy diet can be tough when you're always on the run. While fast food and packaged items offer convenience, it can be difficult to fit them into a healthy eating plan. Here are a few heart-healthy grab 'n go meal ideas. Each is low in fat, sodium and cholesterol while still providing essential nutrients like fiber, protein, calcium, and heart-healthy unsaturated fats.

Breakfast

This is the one meal that most people skip on busy mornings. Set the right tone for your day by grabbing a quick and healthy breakfast that you can eat before leaving the house or once you sit down at your desk.

- 1 100% whole-wheat **Thomas's® mini bagel** spread with 2 Tbsp peanut butter
- 1 small apple, pear, orange, or banana
- 8 ounces skim or 1% milk

Switch things up and try a whole-grain waffle in place of the bagel, low-fat yogurt, instant oatmeal, or a low-fat cheese stick.

Lunch

Pack a brown bag the night before. You'll save time, fat, and calories!

- Pack ½ cup of baby carrot sticks with ¼ cup **ShopRite** hummus
- 1 **Chicken of the Sea® ready to eat tuna or salmon** with 2 tsp light mayonnaise
- 10 **ShopRite Whole Wheat Wafers - baked**
- 1 container **Dannon® 0% Greek yogurt**

Switch things up by using pepper or celery strips with the hummus or put tuna over a green salad with a low-fat dressing. Choose water or unsweetened tea as a beverage with no added calories.

Dinner

Dinner may require a bit more prep time than breakfast or lunch, especially if you are serving a family. Here are a few items you can *grab* from your freezer and turn into a delicious dinner in minutes.

- **Ore Ida® Steam 'n Mash** cut russet potatoes – cook to package instructions using skim milk and trans fat free margarine in place of butter
- 1 store bought cooked Rotisserie chicken or turkey breast, skin removed
- 1 bag **ShopRite® Steam in Bag** California blend

Top veggies with toasted almond slices or melted low-fat cheese. Serve with whole grain dinner rolls and a green salad.

Snacks

Snacks are an important part of any healthy diet. Here are some ideas for smart snacking:

100 calorie mini bags of popcorn or nuts Low-fat string cheese with whole grain crackers

Low-fat yogurt mixed with fruit Hard-boiled egg

Low-fat cottage cheese mixed with almonds and a drop of honey

