

Healthier 'On the Go' Meals and Snacks

Selecting healthier food and drink choices while working 'on the go' can often be a challenge. **Small changes**, such as packing your own stash of healthy snacks can make a **big difference** to your health.



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BILLION

Australians drink 1 billion coffees a year, of which 480 million are cappuccinos

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Healthier 'on the go' meals and snacks

For mobile or 'on the go' workers, where their workplace is 'on the road', keeping healthy can present additional challenges, such as:

- difficulty accessing fresh, healthy food and cool water
- inflated costs of food at roadhouses, lunch bars or cafes
- reduced opportunities to regularly stop and eat
- the ability to store food safely.

To assist 'on the go' workers to make healthier food and drink choices, consider:

- providing a drink bottle for workers to ensure they can access water
- offering solutions for safe food storage such as eskies or chiller bags with ice blocks.

Snack ideas

There are also a range of food and snack ideas widely available, many of which don't require refrigeration. However, some would benefit from being stored in a chiller bag or esky if available.

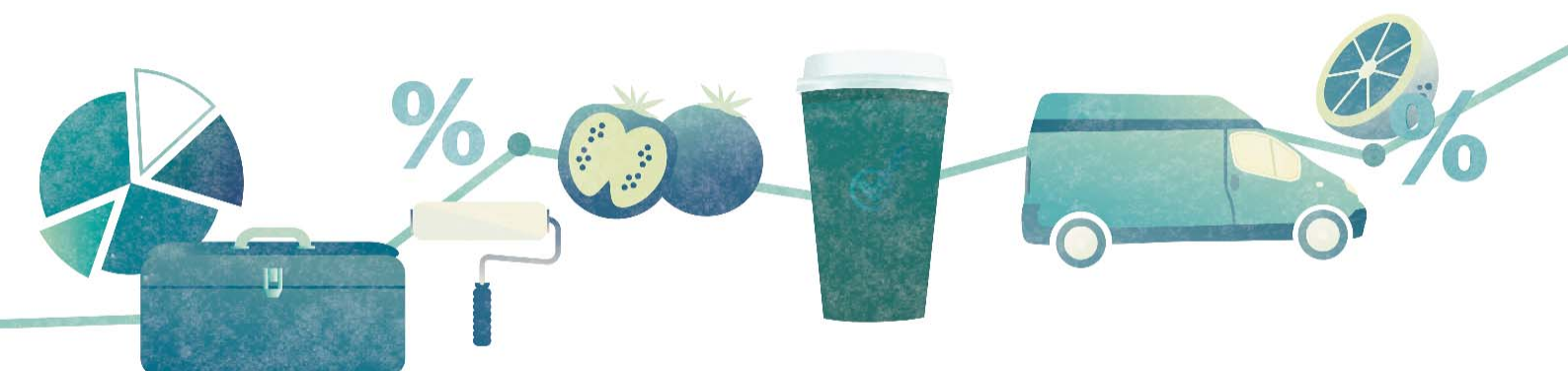
Like all healthy eating recommendations, the key message is to increase fruit and vegetables and to reduce the amount of saturated fat, added sugar and salt consumed as per the Australian Dietary Guidelines (www.eatforhealth.gov.au).

Many of the snacks recommended come in individual packs, which are:

- quick to grab in a hurry;
- easy to store and less prone to spoilage or getting squashed; and
- assist with portion control.

Some of the snacks are also highlighted with an asterisk (*). This means that the snack is a good source of protein. For those workers undertaking long shifts, protein will help one keep fuller for longer while there is some evidence that suggests a high protein meal helps to maintain alertness.

In addition, some snacks are highlighted with a thermometer icon . This indicates snacks that require or would benefit from refrigeration.





Apple




Baked beans*
(130g can or 200g snap pot)




Banana



Breakfast cereal 
(45g individual serve) with
reduced fat long life milk



Cold pizza muffin 
1 English muffin, both halves spread with 1 tsp tomato paste and
topped with 1 tbsp reduced fat cheese and pizza herbs, toasted and
wrapped in aluminium foil



Corn 'n' beans
(2 corn thins with
4 tbsp mexi-beans)



Cottage cheese
(plain or flavoured)
and crackers 
(100g snack pack)



Crispy carrots 
(2 raw carrots)



Diet soft drink 



Dip to go 
(4 tbsp tzatiki dip
with 4 celery sticks in a jar)



Dried fruit
(50g snack packs)



Fruit varieties of cereal or muesli bars (1 bar)



Grapes (1 small bunch)



Handful of plain wheat breakfast cereal (½ cup)



Hard boiled egg* 




Liquid breakfast drink* 
(250mL)



Mandarin



Not feeling like a full meal?
A 200g tub of reduced fat yoghurt topped with untoasted muesli is quick and nutritious* 



Parmesan pita chips
½ pita pocket sprayed lightly with spray oil, topped with 1 tbsp parmesan and baked until crispy



Pear



2 plain pikelets (bought or home made) spread with peanut butter or diet jam



Plain, unsalted nuts (50g snack packs)*



Popcorn -
plain, sweet or savoury
flavours (30g snack packs)



Pretzels
1 cup pretzels



2 rice cakes or corn
thins - plain varieties
with diet jam



Rice crackers or rice
cracker mix
(30 - 50g snack packs
or 14 crackers)



Sandwich - wholemeal or
multigrain bread with peanut
butter or diet jam



130g tins of spaghetti



Sushi is always a good choice,
just avoid the coated and
crumbed fillings 🕒
(6 pieces for lunch or
2 for a snack)



Tetra packs of long life
plain or flavoured milk* 🕒
(<300mL)



Thermos of soup
(300mL)



Tinned fruit or fruit tubs
in natural juice
(140g snack packs)



Tins of tuna - plain
springwater, brine or
flavoured in oil*
(90g tins)



Tuna and beans*
(185g snack pack)



Tuna and crackers*
(61g snack pack)



Wasabi peas
(¼ cup)



Water
(iced, at room temperature or
chilled - however you like it)

The 'drive thru'

For those who are really pressed for time, a quick stop at the drive thru may be the only option. Many of the menu items on offer are high in saturated fat, added sugar and salt. There aren't many healthy options available but listed below are a few of the better choices:

- Fruit smoothies
- Fish burgers
- Salads
- Seared or grilled chicken wraps



A word on energy drinks

With pledges of 'vitality', 'invigoration' and 'giving you wings', energy drinks promise a lot!

Energy drinks are a form of soft drink that contains a number of stimulants, vitamins and supplements that are desired to increase stamina, improve physical performance and boost mental alertness and concentration. However, they also contain particularly high levels of caffeine, sugar and other additives. Very little is known about their affect on our health.

Recreational consumption of energy drinks has been associated with a number of symptoms including¹ palpitations, tremors, gastrointestinal upset, agitation and restlessness.

Those with a history of heart disease or caffeine sensitivity should also avoid consuming energy drinks due to the high caffeine content.



For more information:

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'Gunja N, Brown JA. 'Energy drinks: health risks and toxicity'. Medical Journal of Australia. 2012; 196 (1): 46-49. <https://www.mja.com.au/journal/2012/196/1/energy-drinks-health-risks-and-toxicity>