Healthy Snacking While Commuting

Did you know that roughly 1 out of 6 American workers commute more than forty-five minutes each way?

Long commutes can lead to poor food choices. If we don’t plan accordingly, we may not make enough time for dinner preparation, grab a bag of chips in the subway store, drink a soda while we walk towards the train, or even worse, stop at McDonald’s for a pre-dinner snack like fries and a milkshake! In turn, we increase our calorie intake with more fat/sugar and then spoil our dinner when we get home.

What to do?

Snacking can be a lifesaver in a busy, on-the-go lifestyle, but we need to be careful in choosing healthier snacks and not overdoing the quantity.

To start, here are a few important snacking tips:

- **Snacking should have a purpose.** Snacking can help you avoid overeating, speed up your metabolism, get a boost of balanced energy, and manage your weight, but it can also add unnecessary calories if you are not paying attention. Make sure your current snacking habits have a healthy purpose!
- **Plan ahead.** Preparation is key to healthy eating. Packaging your snacks in advance by using reusable containers, zip-lock bags and foil wrap can ensure you eat a healthy snack.
- **Read labels and control your portions.** Looks can be deceiving! Read the nutrition facts label and ensure that each snack is approximately 150-200 calories.
Below are a few snack ideas, for those of you with sweet or salty palates:

**Sweet Snacks:**
1. **Yogurt & Fruit:** 2 choices of fruit portions (~1.5 cups) with 6 oz of fat-free Greek yogurt.
2. **Trail Mix Snack-Packs:** ¼ cup of a combination of dried fruit, nuts and seeds.
3. **Nutty Celery:** 1 stalk of celery with 1 tablespoon of nut butter (peanut, almond, cashew) & 1 teaspoon of raisins.
4. **Granola Bars:** Kashi chewy, KIND, Luna, Zone, and Odwalla. *Limit to 200 calories per bar.
5. **PB & J:** 1 slice of whole grain bread with 1 tablespoon of nut butter and 1 teaspoon of reduced-calorie jelly or jam.
6. **Oatmeal:** ½ cup of oatmeal (steel cut, stone ground, or old-fashioned oat) with 1 tablespoon of flaxmeal & cinnamon to taste.
7. **Fig it!** One small apple sprinkled with cinnamon with 2 fig newtons.
8. **Wasa!** Two multi-grain Wasa crackers with 1 tablespoon apple butter & 1 tsp agave syrup.
9. **Dark Chocolate:** 1 ounce of chocolate, at least 65% cacao.
10. **Dried Fruit:** ½ cup of dried fruit such as mango, blueberries, raisins, cranberries, apricot, ginger.

**Salty Snacks:**
1. **Hummus:** 1 cup of non-starchy vegetables with 1/3 cup of hummus.
2. **Popcorn Delight:** 3 cups of light popcorn made with 1 tsp of olive or flaxseed oil. Salt to taste. Skinny Popcorn is also a good option.
3. **Guacamole & Chips:** 2 tablespoon of guacamole and 15 baked tortilla chips.
4. **Cottage Cheese & Fruit:** ½ cup of low-fat cottage cheese and 1 small fruit (apple, orange, pear).
5. **Edamame:** 1 cup of lightly salted edamame.
6. **Egg & Bread:** 1 piece of bread whole grain bread and 1 hard-boiled egg. Salt to taste.
7. **Bavarian Pretzel:** 1 large Bavarian pretzel with 1 tsp of mustard.
8. **Banana Chips:** limit to 1 ounce.
9. **Reduced-fat mozzarella stick** with 1 fruit serving (~1 cup).
10. **Turkey Rolls:** 2 low fat mozzarella cheese sticks rolled in low sodium turkey slices.

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