



Clinical Nutrition

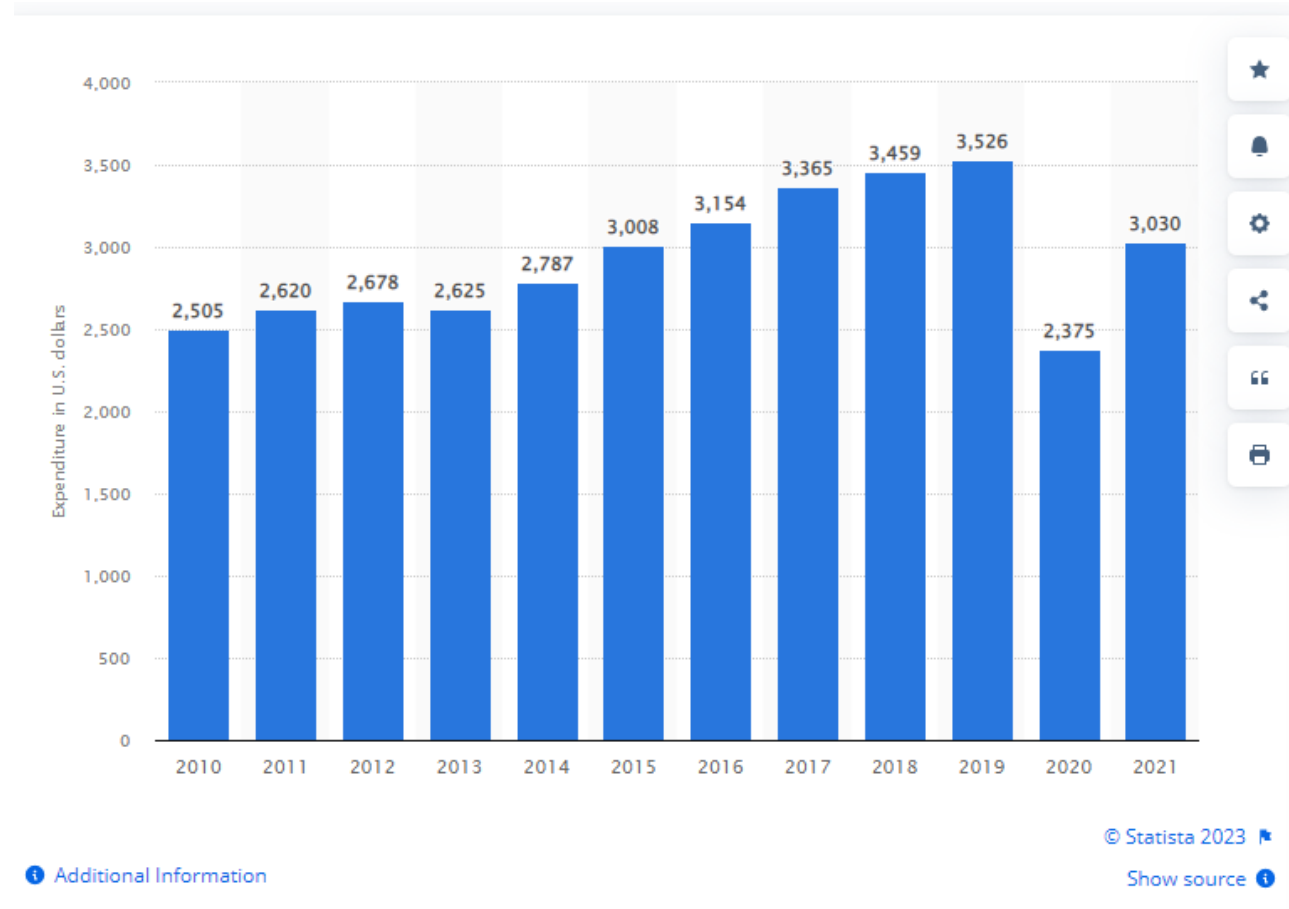
University of Toledo Medical Center

Healthy Eating on the Go



Average annual food away from home expenditures of U.S. households 2010-2021

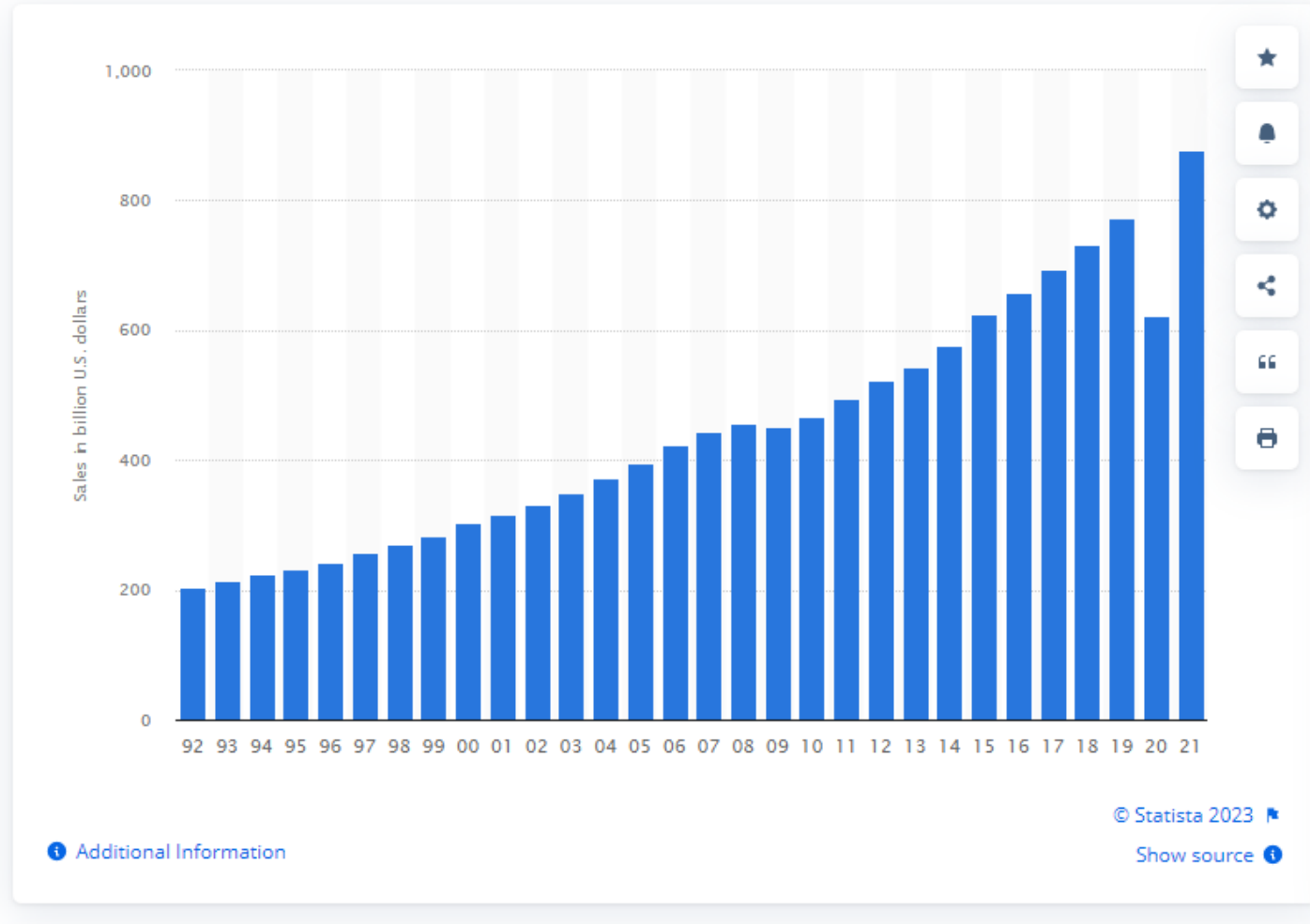
Published by [Nils-Gerrit Wunsch](#), Oct 5, 2022



Foodservice and Beverage sales in the US 1992-2021

Published by [Statista Research Department](#), Jul 7, 2022

(in billion U.S. dollars)



According to
the US
Department of
Agriculture's
Economic
Research
Service (ERS),
in 2023

**In 1997 Total Food
Expenditure**

- Food at home
spending=58.65%
- Food Away From Home =
41.35%.

**By 2023 Total Food
Expenditure**

- Food at home spending=
44.30%
- Food away from home
=55.70%.

Increased *Eating on the Go* and American Lifestyles.

In today's fast-paced world, Americans are pressed for time and therefore, healthy diet and exercise choices may be impacted.

People are **EATING OUT** because they have less time for meal prep and planning

- Dual income families
- Longer commute times
- Kids are in multiple activities
- So many convenient and delicious meal options
- Limited knowledge of cooking or don't enjoy cooking
- Cost- (Taco Tuesday, hamburger for \$2.00, buy 1 get 1 free)
- American have more sedentary lifestyles
 - More desk jobs and screen times (In 2025, the average American spends approximately 7 hours and 3 minutes daily on screens)
 - Less time spent outdoors
 - Automation/conveniences of daily living activities
 - Ordering groceries/supplies/meals vs going to store
- Americans are eating larger portions and want a good deal
 - Incentive (\$) for bundled meal options

Note: 2/3 Americans are overweight or have obesity.

30 Years Ago **Coffee** Today

Coffee, 8 ounces
(with whole milk & sugar)



50 calories

Mocha coffee, 16 ounces
(with steamed whole milk
& mocha syrup)



**350-400
calories**

the calorie difference!

>300-350 calories!



Cheeseburger

20 Years Ago



330 calories

Today



590 calories

The calorie difference!

260 calories!



French Fries

20 Years Ago



2.4 ounces

210 calories

Today



6.9 ounces

610 calories

The calorie difference!

400 calories!



Focus on the **Quality** of your **Calories**

- Quality calories are calories that come from foods that are rich in nutrients, such as vitamins and minerals. They are important for maintaining a healthy weight and providing the body with the energy and nutrients it needs to function and feel good.
- **Choose Nutrient-dense foods**
- **Eat less Empty calories:** These calories come from foods that provide little to no nutritional value. They are often found in processed/packaged foods. Ex. Chips, Cheez-its, cookies, Cap’N Crunch cereal, Poptarts
- Processed foods often contain high levels of unhealthy fats, sodium, and sugar, which contribute to an increased risk of obesity, heart disease, stroke, and type 2 diabetes. **They don’t help us lose weight!**



Processed Food Taste So Good!

- Yes, some processed foods contain additives that make them taste better and more satisfying, which can contribute to addiction and/or craving for these foods!
- **Additive-** Flavor enhancers, thickeners, artificial sweeteners, and other additives can make processed foods more appealing
- **High levels of fat and refined carbohydrates-**These ultra-processed foods are designed to be consumed quickly and digest fast , which provides a rapid reward/pleasure to the brain.
- **Alter brain reward pathways-**These foods can alter the brain's reward pathways in similar ways to other addictive substances.



Why is Eating Healthy Important

Putting the right foods into your body can help to improve **your levels of your mood, your sleep, your digestion, your immune system, and your energy levels.**



Can help control blood sugars

Portion control of carbohydrate foods



Can help decrease inflammation & encourage health promotion

Extra calorie can promote unhealthy health conditions like diabetes, heart disease, hypertension, cancer, and obesity (metabolic syndrome)

Increase in Saturated fat and sugar

- Raises LDL Cholesterol (BAD) & Promotes inflammation in blood vessels making them less flexible and more susceptible to plaque buildup



Can assist in weight maintenance

Larger Portions sizes provide more calories, fat & sodium than we need

The Western Diet

- Highly Processed
- Fried/Greasy
- High in Salt
- High in Saturated Fat
- High in Sugar
- High in Refined Grains
- Low in Fiber
- Low in Micronutrient



What is Healthy Eating?

- High in Fruits and Vegetables
- High in Whole Grains
- High in Fiber
- High in Healthy Fats
- Low in Added Sugar





Whole grains vs Refined Grains

1. **Whole grains** contain the entire grain – which is made up of bran, germ and endosperm.
2. **Refined grains** have been milled (ground into flour or meal) in a way that removes the bran and germ. This gives them a finer texture and improves their shelf life but strips the grain of important nutrients you need, including B-vitamins, iron and dietary fiber.

Wholegrains are a good source of fiber and provide nutrients such as thiamin (Vitamin B1), riboflavin (Vitamin B2), niacin (Vitamin B3), folate (Vitamin B9), iron, zinc, magnesium and selenium.

- Whole grains lower risk of strokes, heart disease, constipation, obesity, diabetes, cancer and chronic inflammation.

Fiber

- Fiber is the portion of the plant that cannot be broken down. Fiber keeps us feeling full, so we satisfied with fewer calories.
- Dietary fiber — found mainly in fruits, vegetables, whole grains and legumes
- -Higher dietary intake of fiber is associated with reduced risk of chronic inflammation, heart disease and cancer as well as, lowers cholesterol, improves digestion, improves blood sugars.

Children and adults need at least **25 to 35 grams of fiber** per day for good health, but most Americans get only about 15 grams a day.



Avoid Added Sugar

Americans are eating and drinking too many added sugars, which can contribute to health problems such as

weight gain and obesity,
chronic inflammation,
type 2 diabetes,
high blood pressure
heart disease.

Added sugars go by a lot of different names like:

- brown sugar, raw sugar
- corn sweetener,
- corn syrup,
- dextrose, fructose, sucrose, maltose
- high-fructose corn syrup,
- honey, molasses
- Lactose
- Malt syrup

- **Added sugars contribute Calories, but no essential nutrients.**
- **Men** should consume <36 grams of added sugar per day.
- **For women** should consume < 25 grams per day.

Consider that one 12-ounce can of soda = 32 grams of added sugar

Or

Starbucks Caramel Frappuccino Grande
=54grams of added sugar

Look at Food label for Added Sugars

FROSTED BROWN SUGAR CINNAMON



Nutrition Facts	
6 servings per container	
Serving size	2 Pastries (96g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 68g	25%
Dietary Fiber 1g	5%
Total Sugars 30g	
Includes 29g Added Sugars	58%
Protein 4g	
Vitamin D 0mcg 0% • Calcium 10mg 0%	
Iron 1.5mg 8% • Potassium 70mg 0%	
Thiamin 4% • Riboflavin 10%	
Niacin 10% • Folate 40mcg DFE 10% (25mcg folic acid)	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B₁ [thiamin mononitrate], vitamin B₂ [riboflavin], folic acid), sugar, soybean and palm oil (with TBHQ for freshness), corn syrup, dextrose, high fructose corn syrup, bleached wheat flour.
Contains 2% or less of molasses, salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), cinnamon, wheat starch, gelatin, caramel color, soy lecithin.
CONTAINS WHEAT AND SOY INGREDIENTS.

- **Men** <36 grams of added sugar/day.
- **Women** < 25 grams of added sugar/day.

Good Quality Fats

A general goal is for 20 to 35% of your total daily calories to come from healthy fats, such as polyunsaturated and monounsaturated fats, and fewer than 10% of calories per day from saturated fats.

Good Quality Fats: help to reduce inflammation, reduce cholesterol levels, promotes normal function of the brain and nervous system and enhance the immune system.

Recommendations for Healthy Fats:

- Include fatty or oily fish (e.g. salmon, tuna, herring, lake trout, and sardines). Aim for 8oz per week.
- Good sources of monounsaturated fats are olive oil and avocado oil
- Reduce saturated and trans fats such as butter, fried food, processed and fast foods
- Add Avocado
- Eat more nuts and seeds- Good choices are almonds, pistachios, walnuts, pumpkin seeds, flaxseed, chia seeds, sesame, sunflower seeds, peanut butter.



Tips for Making Healthy Choices: PLAN AHEAD

What Should My Meal Include?

- **Vegetables and fruit:**

- ½ of your plate
- Begin your meal with a side salad with low fat dressing on the side, or vegetable soup
 - Skip cheese, croutons, bacon bits, or crackers
- Use fruit (instead of sugar) to add to oatmeal or yogurt
- Add steamed vegetables in place of potatoes, or
- Add veggies to sandwiches/wraps
- OR Snack on an apple/single serve applesauce pouch/grapes and or baby carrot later

- **Water or fat free/low fat Milk**

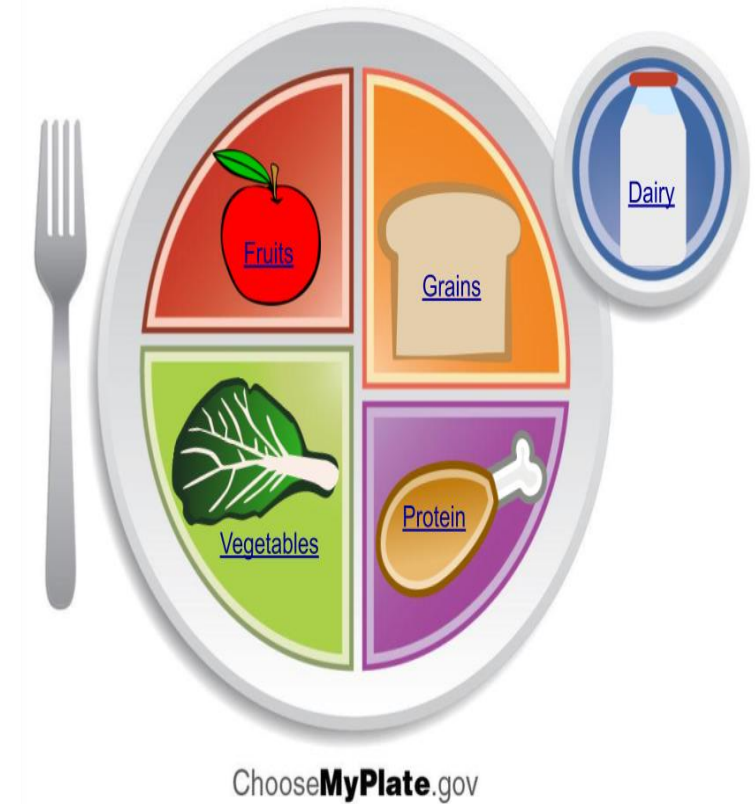
- instead of pop, sweet tea, coffee drinks/energy drinks or milk shakes

- **Lean Protein (grilled options)**

- ¼ of plate or size of a deck of cards
- Consider kids size options or split or save extra portion for another meal
- Skip the cheese or extra patty or sauces

- **Whole grains/starch**

- ¼ of plate or size of a tennis ball/light bulb
- Choose either bread/bun/wrap or rice, noodles or pasta, but not both in the same meal



Tips for Making Healthy Choices when eating out: *Plan Ahead*



What's
the
plan?

Decide Where & What to Eat??

- Most MENUs are online for you to look at nutritional information
- Drive thru menu boards include calories
- Many fast food/restaurant offer *baked, grilled, braised, poached, steamed or roasted options*

Can I ask for:

- Salt/Seasonings containing salt to be omitted
- Gravies/sauces/extra fats like oils or butter not to be added or used in the preparation of the food
- Grilled instead of frying
- A Substitute like a side salad or fruit for fries, rice or potato
- Child size or smaller portion of regular entrée/sandwich
- Salad dressing to be served on the side
- Extra plate to share/split a meal or sandwich



Examples:

Ways To Eat Healthier When Eating Out

- A single burger vs double or triple. Hold the cheese, mayonnaise and bacon
- A roast beef or turkey sandwiches. It has less fat and calories than a burger.
- Chicken sandwiches. Choose skinless and unbreaded. Ex. Grilled, seared, or blackened.
- Choose fish or seafood.
- Order a small salad or vegetable of the day as a side instead of fries. *Or skip the fries.*
- Choose light dressings or vinaigrettes. Add beans for extra plant-based protein. Ask for dressing on the side.
- At sandwich shops: Ask for veggies as toppings, such as lettuce, spinach, tomatoes, onion, pickles. Ask for mustard or vinegar instead of mayonnaise.
- Pick veggies as toppings for pizza. Try peppers, mushrooms, and onions.
- Ask for water instead of soda or sweetened tea.
- For desserts: order a fruit cup for dessert. You can also SHARE OR SKIP DESSERT!



What to Avoid

Muffins

Croissants

Bagels with cheese or sugar toppings

Biscuits

Alcohol

- May increase your appetite
- Often provides calories without nutrients

Menu options labeled:

- Batter fried, pan-fried, buttered, creamy, crispy, breaded

Buffets or unlimited salad bars

Bread or chips before the meal

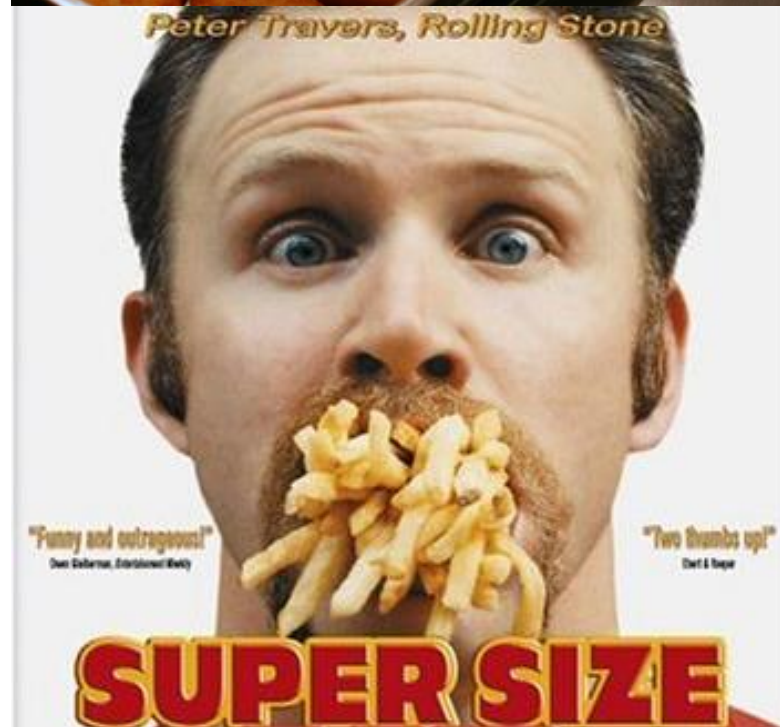
Coffee drinks and frappe

Soda or sweet teas

Bacon

Foods high in salt like fries, Chinese, BBQ

Mega-sized or large portions





Hidden Calories

- Calorie count of foods that may surprise you:
 - Soda: 20 ounces = 200 calories
 - Sports drink: 20 ounces = 140 calories
 - Energy drink: 16 ounces = 230 calories
 - Whole milk: 8 ounces = 150 calories
 - Sweet tea: 16 ounces = 170 calories (40gm added sugar)
 - 1 large glazed donut = 269 calories (15gm added sugar)
 - Nacho tortilla chips, 3 ounces = 424 calories
 - Café latte, 16 ounces = 190 calories (18gm added sugar)
 - 1 slice American cheese = 100 calories
 - 1 sausage biscuit = 410 calories
 - 1 large muffin = 375 calories
 - Double cheeseburger = 490 calories
 - Buttermilk ranch dressing, 1 ounce = 160 calories
 - Ketchup , 1 packet = 10 calories
 - Dipping sauces, ½ ounce = 45-80 calories
 - French fries ½ cup = 300 calories



Cup of Water

\$0.00 | 0 Cal

Calorie Diet [Set As Default](#) [Print](#)

NUTRITION FACTS

Serving Size: Multiple Items

Amount Per Serving

Calories 510 Calories from Fat 240

% Daily Value *

Total Fat 27g 42%

Saturated Fat 8g 40%

Trans Fat 0.5g

Cholesterol 50mg 17%

Sodium 800mg 33%

Total Carbohydrates 50g 17%

Dietary Fiber 9g 36%

Sugars 3g

Protein 18g

Vitamin A 15% • Vitamin C 8%

Calcium 15% • Iron 10%



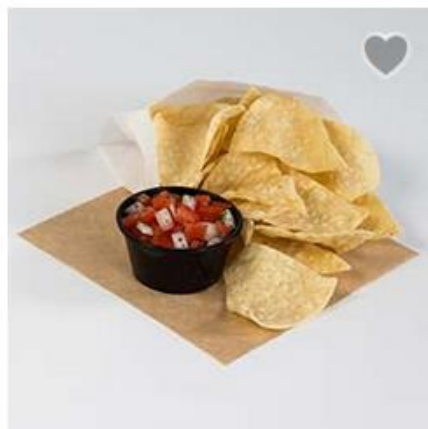
Crunchy Taco

170 Cal



Crunchy Taco

170 Cal



Chips and Pico De Gallo

\$1.49 | 170 Cal



Cinnamon Twists

170 Cal



Chalupa Supreme

350 Cal



Crunchy Taco

170 Cal



Beefy 5-Layer Burrito

500 Cal



Medium Fountain Drink

0-290 Cal

Calorie Diet [Set As Default](#) [Print](#)

NUTRITION FACTS

Serving Size: Multiple Items

Amount Per Serving

Calories 1180 Calories from Fat 470

% Daily Value *

Total Fat 52g 80%

Saturated Fat 16g 80%

Trans Fat 1g

Cholesterol 80mg 27%

Sodium 2370mg 99%

Total Carbohydrates 137g 46%

Dietary Fiber 15g 60%

Sugars 21g

Protein 40g

Vitamin A 25% • Vitamin C 8%

Calcium 45% • Iron 45%

Wendy's Burgers

Note: small fries=260 Calories and Large=470 Calories



Calories=1350
Total Fat=97g
Sodium=1890mg
Carbohydrate=36g
Dietary Fiber=2g
Total Sugars=6g
Protein=84g



Calories=250
Total Fat=11g
Sodium=440mg
Carbohydrate=25g
Dietary Fiber=1g
Total Sugars=5g
Protein= 13gm

Chipotle Chicken Burrito Bowl with Brown Rice and Beans

~680 Cal, 51g Protein, 12g fiber, 23 gm fat -Brown rice, chicken, black beans, fajita veggies, tomato salsa, lettuce, and a small amount of cheese.

- 4oz Brown rice 210 kcal, 4gm protein, 2 gm fiber, 40gm carbs, 6 gm fat.
- 4oz Black beans provides 130 kcal, 8gm protein, 7gm fiber, 22 carbs, 1.5 gm fat
- 2oz Fajita veggies 20 kcal, 1 gm protein, 1 fiber and 5 carbs
- 1oz Lettuce 5 kcal, 1 fiber, 1 gm carb
- 1oz Cheese 110 kcal, 6 gm protein, 1 carb, 8gm fat
- 4oz Salsa 25 kcal, 1 fiber, 5 carbs

NOTE: Regular Chips 540 kcal, 7gm protein, 7 gm fiber, and 73gm carbs, 25gm fat

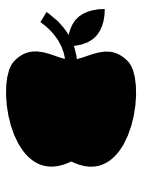


Healthier Eating on the Go Food Options

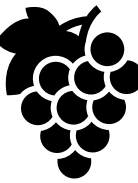
1. **Subway**- Footlong Turkey Breast Sandwich on Wheat Bread ~580 Cal, 50g Protein, 10g fiber (Turkey breast, whole wheat bread, lettuce, tomatoes, spinach, cucumbers, and mustard).
2. **Panera Bread**- ½ BBQ Chicken sandwich on ciabatta bread + chicken noodle soup=~470kcal, 35g protein and 2 g fiber and 12g fat.
3. **Panera Bread**-Green Goddess Salad= ~490 kcal, 40 g protein, 7 g fiber, 24 g carbs, 27gm fat
4. **Starbucks**- Egg white & roasted pepper bites ~170 Cal, 12g Protein, 10g fiber, 8gm fat
5. **Starbucks**-Turkey Bacon, cheddar and egg white sandwich~ 230 Cal, 17 g protein, 3g fiber, 5g fat
6. **Chick-fil-A**-Grilled Chicken Club Sandwich ~520 Cal, 38g Protein, 7g fiber (Grilled chicken breast, whole grain bun, lettuce, tomato, Colby-Jack cheese, and bacon)
7. **Chick-fil-A**-Breaded chicken nuggets 8 piece and kale crunch salad ~420 Cal, 30g protein, 2g fiber, 23g fat
8. **Chick-fil-A** - Egg White Grill breakfast sandwich 300 kcal, 27g protein, 2g fiber
9. **Panda Express**-Grilled Teriyaki Chicken with super greens 365 Cal, 39g protein, 13g fat (Note: Side of rice 380- 520 Cal, 11 gm protein and 16gm fat, 85gm carbs).

Healthier Eating on the Go Food Options

- 10. Wendy's**-Apple Pecan Salad + Salad Dressing = 530kcal, Protein 31gm, 5gm fiber, 24 gm fat
- 11. Wendy's**-Small Chili =290 Cal, 17g protein, 6g fiber, 12 g fat
- 12. Jimmy Johns**- Turkey Tom Unwich or 8 inch Turkey Tom sub
- 13. Mediterranean options**- Hummus and chicken plate or Chicken Greek salad
- 14. Fusian** – Spicy Tuna Roll ~562 Cal, 20 g protein, 5 g fiber, 24 g fat
- 15. Arby's** -Classic Roast beef sandwich ~ 360 Cal, 23 g protein, 2 g fiber, 14g fat
- 16. Burger King**- Double Cheeseburger(no mayo) with Garden Side Salad ~600 Cal, 34g Protein, 6g fiber -
- 17. Balance Pan-Asian Grille**—Four Star(General Tso) grilled chicken, veggies and brown rice ~607 Cal, 36gm protein, 12gm fat
- 18. Tim Hortons**- Omelette bites, avocado toast, grilled chicken wrap



Healthy quick options to have on the go



Bring along healthy snacks.

- Having healthy snacks at hand will reduce your reliance on convenience foods.

When you leave the house or keep these items handy:

- Packs of tuna
- Cheese sticks
- whole grain crackers or pretzels
- lower sugar granola bars or breakfast bars
- prepacked fruits and vegetables
- 100 calorie packs
- Low-fat cottage cheese, guacamole or hummus for dipping
- hard boil a dozen eggs (peel the night before needed) and place in a container
- pack a sandwich (PB&J or Turkey)



Other Planned Snacks/M meal Ideas

Don't these look delicious??

- Protein Balls
- Avocado Toast
- Smoothies or Protein shakes
- Rice cake/Crackers with peanut butter
- Egg Bites
- Turkey & Cheese roll up
- Overnight Oats
- Nuts (almonds, walnuts, trail mix)
- Mason Jar Salads
- Yogurt Parfait (yogurt, ½ cup fresh fruit, then sprinkle ¼ cup granola)



Plan For a Week in One Day



- Steps to Make Salad in a Jar
(last 4 to 6 days)

1. Pour your favorite salad dressing in the bottom of the jar.
2. Add any hard/heartier chopped vegetables and proteins
3. Add any beans, grains, and/or pasta.
4. Can add a layer of favorite cheese
5. Add any soft vegetables or fruits, like avocados or tomatoes.
6. Add any nuts or seeds.
7. Fill the rest of the jar with salad greens. Screw the lid on the jar.

Meal prep for the week

1. Cook grains and proteins
2. Wash, dry and cut up fruit and vegetables
3. Purchase 5-6 containers to store food.



Tips for making meals healthy when you're busy...

Crockpot meals

Make-ahead of time freezer meals

Sheet tray meals

Selecting simple recipes (5 ingredients or less)

Cooking in larger batches and freezing in small containers for later use

Steamable frozen vegetables for the microwave

Salad kits to save time and inspire new ideas

Ready-prepared fruit to use for snacks or dessert

- To save time,
 - cut up veggies or fruit when you return from the grocery store and put them in travel containers for snacks OR prep them for your meals
 - Grab pre-cut fresh veggies or fruit, salad mix or meal kits from grocery store
- Leave the blender out on the counter to make Smoothies made with frozen or fresh fruits, non-fat yogurt, fat free milk or unsweetened almond milk, and ice.



Leftovers make great lunches !!



Let's Make Our CHOICES COUNT!



- PLAN for the WEEK!!
 - Have healthy snacks on hand
 - Have a goal-(ex. packing 3 times/week)
 - Include all food groups- add more fruits, nuts, veggies
 - Take 30-60 minutes on Sundays to Meal & Snack prep
 - **Being healthy is a choice.**

*It's never too late or never too early
to work on being the healthiest you!*



Resources

- www.eatright.org
- <https://www.cdc.gov/diabetes/managing/eat-well/eating-out.html>
- <https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Tips-for-Eating-Out.pdf>
- <https://www.nutritional-psychology.org/scientists-propose-that-ultra-processed-foods-be-classified-as-addictive-substances/>
- https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/tips_dine_out.htm
- <https://www.ers.usda.gov/amber-waves/2024/october/u-s-consumers-increased-spending-on-food-away-from-home-in-2023-driving-overall-food-spending-growth>
- <https://www.eatright.org/food/food-groups/fats/choose-healthy-fats>

Note: The nutritional information Calories, Protein, Fat, Fiber came directly from each food establishment's own nutrition facts guide found available on-line.