

Eating On The Go

Safer And Healthier “Dashboard Dining”

(NAPSA)—Do you feel like you spend more time in the car than in your own kitchen? You’re not alone.

According to the U.S. Census Bureau, the average American spends about 49 minutes a day commuting to and from work. Eating while driving is the fourth-leading cause of crashes and near-misses, according to a 2006 report by the National Highway, Traffic Safety Administration. Avoiding an accident requires both hands on the wheel and no distractions.

“Unwrapping food or holding a cup, as well as actually eating or drinking, needs to be reserved for times when it’s safe, such as before you start driving or if you’re stopped in a traffic jam,” says Sunbelt Snacks Registered Dietitian Joanne V. Lichten, Ph.D., R.D., author of “Dr. Jo’s How To Stay Healthy & Fit on the Road.” “And what you eat while on the road also has a direct impact on your health.”

Lichten recommends drinks and foods that don’t distract you and are good for you too:

- Use long straws to drink bottled water, single-serve low-fat milk, fruit or yogurt smoothies, or 100 percent juice or soy beverages in boxes.

- Single-serving boxes of cereal, trail mix, energy bars, bagels, small muffins, whole-grain crackers, pretzels, light popcorn, baked or low-fat chips.



Do you feel like you spend more time in the car than in your own kitchen? You’re not alone.

- Dried or fresh fruit including bananas, peaches, apples or grapes.
- Carrot and celery sticks or other cut-up raw vegetables.
- Peanut butter sandwiches or single-serve packages of peanut butter and crackers.
- Whole-grain oats granola bars.
- Low-fat fruit and grain bars.

Sunbelt Strawberry Fruit & Grain Cereal Bars provide real fruit and are low-fat. Each cereal bar is individually wrapped for freshness and is just 140 calories. Eight health care professionals did a taste test for a major daily newspaper last year and voted it the best-tasting strawberry cereal bar. Suggested retail price: just \$1.99 for a box of eight cereal bars. That’s the lowest of the major brands. For more information, visit SunbeltSnacks.com.