

# Nutrition For Active People

## Simple Tips Help Busy Adults Eat Right On The Go

(NAPSA)—Hectic lifestyles can make it a challenge to eat right—but a few well-chosen snacks can help Americans maintain their busy schedules without depriving their bodies of the nutrition they need.

Busy schedules can prompt many people to choose fast-food options (that are usually high in calories, fat and sodium) over balanced nutritional options or to skip meals altogether—but that's not necessary.

“Many people think that eating right takes too much time,” says Tama Bloch, RD, LD, research scientist for Ensure® Shakes. “In reality, today there are a variety of nutritious and delicious meal options and simple tips that can help even the most busy people eat right on the go.”

Bloch suggests staving off 3 o'clock cravings without over-indulging in nutrient-empty snacks by following these “Good for You On the Go-Go” Healthy Eating Tips:

### Trailblaze a Trail Mix All Your Own

Look for nutrient-rich foods that are easy to carry and pack, such as a small bag of dried fruits and nuts, which keep hunger at bay while providing a substantial amount of vitamins, minerals and fiber.

### Chop-Chop-Chop

Avoid eating empty-calorie snacks from the vending machine. Prepare and chop veggies into bite-size pieces at the beginning of the workweek, so that munching on the go is easy and doesn't cramp an overcrowded work schedule.

### Squirrel Away for Busy Days

Maintain an office supply of nutritious grab 'n' go foods such as bananas, whole wheat pretzels and low-fat cheese cubes or stock up on nutrition shakes. Ensure Shakes from Abbott Nutrition won the ChefsBest™ Award for Best Taste



**Nutritious snacks can make it easier to get your daily nutrition. Stash a few choices in your desk to help stave off 3 o'clock cravings.**

and are an excellent source of plant-based omega-3s to support heart health. They are served in a convenient reclosable bottle and are perfect for people on the go.

### The Busy Person's Healthy Eating Rights:

1. Access to on-the-go meal packed with nutrition-rich foods to maintain a healthy, active lifestyle.
2. The ability to snack in between meals and not fall victim to empty-calorie food choices from the vending machine or fast-food stops.
3. Being able to indulge in a snack that satisfies your sweet tooth and won't stretch your waistband.
4. Wanting a snack that tastes good and has nutritional value.

Whether it's a tight schedule at the office, a packed social calendar or busy travel plans that keep you from eating well-balanced, nutritious meals, there are plenty of convenient and tasty options to help you stay healthy, active and energetic.

**Note to Editors:** Based on ACNielsen sales data for Adult Nutrition category for the 52-week period ending 9/29/07, Ensure is America's favorite nutrition shake. The ChefsBest™ Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs.