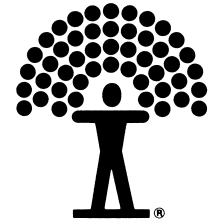




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**Dietitians of Canada**



**EAT WELL, LIVE WELL**  
T.M. Dietitians of Canada

## On the GO!...and Eating Well

Are you juggling work and family life? Going from one meeting or event to another? For most Canadians, there just doesn't seem to be enough time to sit down and enjoy a good meal anymore! Despite your hectic schedule, you can still eat well and stay healthy. Try these time-saving tips:

***Just a minute!***...that's all you'll need to make these nutritious morning meals:

- yogurt mixed with your favourite cereal and diced fruit (it looks great served in a clear glass!)
- scrambled egg sandwich with a glass of milk (beat 2 eggs in a mug, cover and microwave for 1-1½ minutes on med-hi temperature)
- toasted bagel with cheese and a glass of juice
- peanut butter on a whole grain bagel and a glass of milk
- a container of flavoured yogurt mixed with some milk and fruit in a blender

### **"I am too tired to cook everyday!"**

Use pre-cut or pre-measured ingredients to save preparation time. Look for lower-fat, pre-made items such as soups, sandwiches, quiches and pastas. Add a glass of milk, a salad or another side dish to round out the meal. On days when you are in the kitchen, make double batches of your favourite recipes and freeze them in individual servings for a fast meal.

### **"I seem to be in meetings all the time at work and can't break away for lunch or dinner"**

When you can't get away for food, bring the food to you! Stock your desk drawer or bookshelf with non-perishable foods like canned fruit, milk puddings, cold cereal, whole grain crackers, peanut butter, canned soup and juice boxes. Remember to keep utensils, napkins, a plate or bowl, a kettle and a can opener on hand too!

If there's a refrigerator at work, keep it stocked with yogurt, fruit, milk, juice, cheese, raw vegetables, interesting spreads or dips, sliced meat and hard-cooked eggs. Label your food with your name and the date.

### **"I can't keep up with the family's busy schedule."**

On the way home from work, pick up a ready-to-eat meal. When time is available, make some meals ahead and freeze them or plan leftovers to use later in the week. Post a menu and leave the recipes out so that others can start to prepare the meal. Keep healthy snacks in the car for times when you're en route to the kids' sports practices. Remember to save some time for meals with your friends and family whenever possible.

**[www.dietitians.ca](http://www.dietitians.ca)**

## Hurry Up Fill Me Up Burritos (Makes 10 burritos)

These are popular after school snacks for hungry teenagers and they can make them themselves.

They are ready in 5 minutes from start to finish.

Add sour cream, shredded lettuce and extra salsa, if desired. Use pre-packaged shredded cheese and leftover rice for even quicker preparation.




1 cup	cooked rice	250 mL
1	can (14 oz, 398 mL) kidney beans, rinsed	1
1 cup	kernel corn	250 mL
¾ cup	prepared salsa	175 mL
10	large (10 inch – 25 cm) flour tortilla (warmed)	10
1 ¼ cup	shredded Cheddar cheese	300 mL

1. Combine first four ingredients together in nonstick pan; stir over medium heat until warmed through, about 3-4 minutes.
2. Divide mixture evenly amongst tortilla. Sprinkle with cheese. Roll up tortillas.

These can be prepared in the microwave: combine rice, beans, corn and salsa in a medium bowl. Divide mixture amongst tortillas; sprinkle with cheese. Roll up. Microwave on HIGH for 30-40 seconds or until heated through.

Per serving: 318 Calories, 47.5 g carbohydrate, 12 g protein, 9.0 g fat, 4.9 g fibre

Food Group Servings (per serving): 2 Grain Products, 1/2 Vegetables & Fruit, 1/2 Milk Products, 1/2 Meat & Alternatives

Canadian Diabetes Association Food Choice Value (per burrito): 3  + 1  + 1 

For great tasting meal solutions, look for the new *Great Food Fast!* cookbook published by Robert Rose at a bookstore near you! It has over 125 healthy and tasty recipes. Here's one recipe to get you started!

**Robert**  
**ROSE**

*Registered Dietitians are the ideal source of reliable food and nutrition advice.*

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