

# Eating Smart On The Move

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The first thing that a typical person usually thinks when they feel that first hunger pang is, where can I get food fast and where can I get it cheap? You can find the answer to these questions at just about any shopping center across America. These busy locations all have cheap, unhealthy food at the consumer's disposal. The fact that Americans resort to this type of consumer behavior on a daily basis is entirely unacceptable. If you want to grab a burger from Wendy's every once and awhile that's fine; but it's the day-in-and-day-out consumption of fast and processed foods in the U.S. which has now led to one of the highest obesity rates in the world, not to mention all the other diet related health problems.

I like to classify diets into three distinct categories. First, is the **unhealthy category**, categorized by constant fast and processed food eating. Individuals that fall into this category either know they have poor diets and choose to neglect their bodies or are oblivious to their bad eating habits because they have misunderstood the correct nutritional value of the foods they eat. Regardless, people that are in this category run the risk of long term health problems like heart disease and diabetes, not to mention the short term issues of constant fatigue and digestive problems.

The opposite of the unhealthy category is the **healthy category**. These individuals are classified by their conscious effort to eat clean, whole and natural foods like organics. This means still eating the foods that they enjoy, but just in a healthier way. This category stays away from processed and junk foods. One of the only downfalls for those in this category is portion control. Although they eat the right foods, they might have a tendency to eat too much, which can hold them back from attaining their desired physique.

The last category that people fall under is the **dieting category**. This category is more of a temporary lifestyle. Dieting doesn't usually last for any long period of time; people in this category usually have a goal in mind and plan to either maintain or work towards another goal once they have achieved their first one. One of the biggest challenges for people in this category is living this difficult lifestyle while caring on with their normal lives and still completing their daily obligations. Dieting and living a busy life can be tough on anybody, but with the proper precautions it is possible to be successful.

Eating on the move can be very difficult, but with the proper meal preparation your body and mind will be healthier. Preparing meals ahead of time is essential to eating healthy on the move. It all goes back to elementary school when your mom would make you pack a lunch the night before school. This is the same concept I am talking about. Depending on your personal goals and lifestyle you may prepare a container of fruit slices and a sandwich or something a little more strict like plain chicken

breast and quinoa. Regardless, of what your tastes are and what you decide to prepare, I guarantee if you take the time to prepare the food, the sense of gratification you feel will make any food instantly better than a \$1 burger from McDonalds and hands down, it will be healthier too.

Planning your meals is very important for muscle growth and recovery, the body's energy levels, and the mind's alertness. Without the proper ratios of carbohydrates, fats and proteins the body can begin to function at subpar levels. Eating on the move can be one of the most vulnerable times when it comes to planning healthy meals with well-balanced nutrient ratios. In planning your meals while on the move, it is important to include a balanced amount of macronutrients. Now, balanced doesn't necessarily mean an equal amount; what it means is a consistent ratio. So, if your daily allowance of fats is 20% of your total caloric intake, then your meals while on the move should be planned with that 20% goal in mind. This strategy should be consistent with carbohydrates and protein also.

Portion control is huge when it comes to eating on the move. If you make too much food, it might go bad or you might feel an obligation to overeat. If you don't make enough food it will either leave you grumpy because you are still hungry, or it will have you relapsing to consume fast food. The key is measuring out your food (at least for the first few days until you can eye-ball it) when you make it so that you know exactly how many calories and macronutrients are in your food; then you can account for that in your daily caloric intake. This is why a good rule of thumb when eating on the move, or anytime you are dieting, is: don't eat it unless you prepared it.

If there is one thing you can take away from this article, it would be - recognize what diet category you fall into. Once you have done this, look at ways to improve or maintain it. If you find yourself in the unhealthy category, work on getting into the healthy category. If you are in the healthy category, try dieting to take your body to the next level. At the same time, remember that you are human and don't forget to enjoy the foods in life that also make you happy. Just remember that there is a fine line between enjoying a treat and over-indulging.