When you are in a hurry, it's hard to take the time to prepare meals or snacks, let alone to sit down and eat. No matter where you're off to, you have time to grab a nutritious snack. The key is to plan ahead and be prepared. Whether you're in a hurry to go to a class or a meeting, or just want a snack for later, here are some healthful ideas.

**Snacks to throw in your backpack**

Try to have a stash of some of the following items in your room or kitchen to grab when you're in a rush:

- Small Bagel
- Muffin
- Raw Veggies
- Rice cakes
- Roasted Soy Nuts
- Nuts
- Dried Fruit
- Trail Mix
- Low-fat Cookies
- Graham Crackers
- Raisin Bread
- 100 Calorie Packs™
- Fig Bars
- Cereal
- Granola Bar
- Pretzels
- Peanut Butter Crackers
- Fresh Fruit
- Sea Vegetables
- Rice cakes
- Rice cereal
- Low-fat cookies
- Fig bars
- Cereal
- Granola bar
- Pretzels
- Peanut butter crackers

**Refrigerated snacks**

The following items should be refrigerated. If that is not possible, keep them in an insulated lunch bag with an ice pack:

- Cottage Cheese and Fruit
- Fresh Veggies and low-fat Dip
- Low-fat Milk or Yogurt
- Bagel with low-fat Cream Cheese
- Apples and caramel dip

**Vending machines**

It's not easy to find nutritious quick food here, but some choices are wiser choices than others - grab these when you are in a hurry.

- Rice Krispie Treats
- Zoo Crackers
- Chocolate Milk
- Cheese Crackers
- Peanut Butter Crackers
- Pretzels
- Graham Crackers
- Dried Fruits

**Quick-prep meals**

Sometimes you have just enough time to eat before you run out the door. Here are some simple meal ideas that can be prepared in 15 minutes or less:

<table>
<thead>
<tr>
<th>Meal</th>
<th>Foods Needed</th>
<th>Preparation</th>
<th>Cook Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>Buy pre-made, low-fat, low sodium</td>
<td>Add water &amp; microwave</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td>Salad</td>
<td>Buy pre-made lettuce and veggies of choice</td>
<td>Cut veggies, combine with lettuce</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Turkey sandwich</td>
<td>Turkey, bread, lettuce, tomato, sprouts, mustard</td>
<td>Combine ingredients to make sandwich</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Veggie sandwich</td>
<td>Your favorite veggies, slice of cheese, bread</td>
<td>Combine ingredients to make sandwich</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Tuna sandwich</td>
<td>Bread, tuna, lettuce, tomato, sprouts, light mayo</td>
<td>Combine ingredients to make sandwich</td>
<td>5-7 minutes</td>
</tr>
<tr>
<td>Tuna melt</td>
<td>Bread, tuna, tomato, light cheese</td>
<td>Melt cheese over tomato and tuna on bread in microwave</td>
<td>5-7 minutes</td>
</tr>
<tr>
<td>Pizza bagel</td>
<td>Tomato sauce, bagel, cheese</td>
<td>Spread sauce over bagel, melt cheese over sauce in microwave</td>
<td>5-7 minutes</td>
</tr>
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<tr>
<td>Peanut butter and jelly</td>
<td>Bread, peanut butter, low-sugar jelly</td>
<td>Spread peanut butter and jelly on bread</td>
<td>3 minutes</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>Marinara sauce, whole wheat pasta</td>
<td>Cook noodles, drain, return to pot, add sauce (noodles are hot enough to heat the sauce)</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Bean taco</td>
<td>Canned low-fat refried beans, tomato, lettuce, shredded cheese, whole wheat tortilla</td>
<td>Warm beans in microwave, dice tomato, add ingredients to tortilla</td>
<td>7 minutes</td>
</tr>
</tbody>
</table>

**Comments**

- Some of these items can be prepared in advance or made from leftovers - such as the sandwiches, salads, spaghetti and tacos.
- Be sure to pack foods that have meat or mayo in a cool place and do not let them stand at room temperature for more than two hours. (Refer to the patient handout on Food Safety: The Answer to Preventing Food Borne Illness)
- See our “Smart Snacks” handout for more ideas!

**Reference**

EatRight Web site, search for nutrition, quick prepare meals, snacks