

## Mayo Clinic Minute

### How to eat healthy while on the run

Video	Audio
	In today's fast-paced world, sitting down for a healthy family meal isn't always an option.
	But eating on the go doesn't have to mean unhealthy eating.
00:04:46 <b>Kate Zeratsky</b> <b>Healthy Living Program</b> <b>Mayo Clinic</b>	"Oftentimes fries are the default side with many dishes and so asking for a substitution for that can really help control the overall calorie and salt intake at a meal. And so asking for a side salad or a fresh fruit instead of fries is a great option."
	Kate Zeratsky, a Mayo Clinic registered dietician nutritionist, says you should always try to check the calories, saturated fat and sodium count on menu items.
	But if you can't...
00:06:12	"...look for options for healthier food preparation such as things that are grilled or baked or broiled instead of fried."
	Zeratsky also suggests asking restaurants if you can order and pay for a smaller portion, so you're eating less overall.
	If that's not an option...
00:03:09	"...ask for a to-go box right away so you can box up half of that meal or share that meal with someone else. Just know going into it you're probably going to eat a smaller portion than what's offered."
	For the Mayo Clinic News Network, I'm Ian Roth.