

## The 10 Most Convenient Healthy Foods

Everyone is busy, on the run and trying to fit food into that regiment too. The problem is many of the fast foods we end up eating on the run, do not align with our health goals. With the help of a few recommendations from the American Dietetic Association and Dawn Blatner, the following are some healthy alternatives to the normal hustle and bustle.

### **90-Second Microwavable Brown Rice Pouch (such as Uncle Ben's)**

Health Highlights: Get the benefits of whole-grain brown rice without the 40-minute cooking time; it's also free of additives, preservatives and high-sodium seasonings.

### **Pre-Shredded Broccoli Coleslaw (often near the bagged lettuce at the store)**

Health Highlights: Shredded broccoli, cauliflower, carrots and red cabbage contain healthy antioxidant compounds that work to prevent diseases such as heart disease and some types of cancer.

### **Whole-Grain Frozen Waffles (Just be sure they are whole grain)**

Health Highlights: Enjoy a healthy comfort-food breakfast in minutes. Each waffle has as much fiber as a bowl of oatmeal, which helps with regularity and fullness, and may prevent conditions like diabetes and heart disease.

### **Instant Oatmeal (such as Quaker Regular Flavor)**

Health Highlights: Instant oatmeal is a whole grain, which means it may prevent heart disease, diabetes and even some types of cancer, and it's just as good for you as the long-cooking stuff. Buy plain, unsweetened oatmeal so you can add your own ingredients and keep your sugar intake down. This is a great spot to add fresh fruit and berries or if you like a little sweetness, try using honey instead of sugar.

### **Single-Serving Microwave Popcorn (such as Orville Redenbacher Smart Pop Mini-Bags)**

Health Highlights: Perfectly portioned popcorn — a naturally whole-grain, high-fiber snack that takes a while to eat (one serving is a whopping 3 ½ cups!).

### **Frozen Fruit (such as Dole Unsweetened Blueberries)**

Health Highlights: Frozen fruit is as nutritious as fresh. It's packed with vitamins, minerals and antioxidants, which help prevent diseases such as heart disease and cancer.

### **Tuna Pouches (such as Starkist – these are easy for on the go, don't even have to drain)**

Health Highlights: Tuna is one of the richest sources of omega-3 fatty acids, which may decrease the risk of heart disease, depression and arthritis symptoms.

### **Veggie Burgers (such as Morning Star Farms Grillers)**

Health Highlights: Veggie burgers are made mostly from beans and vegetables, and contain more fiber, fewer calories and less artery-clogging saturated fat and cholesterol than an extra-lean beef patty. Each veggie burger has as much protein as about 2 whole eggs.

### **Frozen Vegetables (such as Birds Eye Steamfresh Broccoli, Cauliflower and Carrots)**

Health Highlights: Frozen vegetables are as nutritious as fresh, and they're super-convenient because they're already cut, cleaned and ready to cook. Vegetables have 3 to 4 times fewer calories than all other food groups, so they help you stay full with very few calories.

### **Canned Beans (such as Bush's Black Beans or Great Northern Beans)**

Health Highlights: Beans may reduce the risk of heart disease, diabetes and some types of cancer because they are an excellent source of fiber, are rich in protective compounds such as saponins, and have high levels of vitamins and minerals such as folate, potassium, iron and magnesium. Rinse and drain canned beans to remove about 40% of the sodium.