



Healthy eating tips for busy people [transcript]

When you're putting in long hours, working on the go and eating on the run, you may not always make the best food choices.

You can't just change your job and your lifestyle in a flash. But you can change what you eat, little by little, by substituting healthy choices for the not-so-healthy ones.

Set yourself up for success by stocking your kitchen with healthy foods that you can prepare in a flash, like hummus, eggs, low-fat yogurt and chopped fresh veggies.

No time to cook breakfast? No worries. Blend a banana, frozen blueberries, your favourite greens and skim or soy milk in a food processor and you've got a smoothie in less than 5 minutes. Pop it in a travel mug and you're all set.

For a quick snack on the go, pass up the potato chips and try air-popped popcorn instead.

An even healthier option is raw nuts or edamame, both of which are high in protein.

Need a coffee to get you through that early morning meeting? Choose your brew with care.

When you're on the run, fast food can be super convenient. Many fast-food chains now offer healthier choices and provide nutritional information right on the menu, so order smart.

Finally, remember that eating well is just one side of staying healthy. Physical activity and mental wellness are also important.