



Just Grab... 'N Go

Living with cystic fibrosis often means eating extra calories each day. Busy schedules can get in the way of preparing and eating meals and snacks. To avoid the hassle,

make meals and snacks a part of your routine. Here are some suggestions for using foods you can just Grab 'N Go throughout the day.

Streamline Your Snacks

Organize your kitchen so everything you need is within arm's length (utensils, bags in different sizes, napkins, straws, etc.)

Create a shelf in your kitchen and/or refrigerator just for your Grab 'N Go favorites.

Keep containers on hand to store meal-sized portions in the refrigerator or freezer. In the morning, just grab a filled container to take to work or school. Buy peanut butter, jelly, cream cheese, and other foods in single packet

Food is Everywhere

Just look around you. Grab 'N Go options are everywhere. Check out selections in convenience stores, vending machines, corner markets, food stands, even bookstores and sporting events.

The next time you grocery shop, check your supermarket for Grab 'N Go foods to stock your kitchen.

You can save money by buying in bulk at discount stores and individually wrapping foods yourself.



Grab 'N Go!



Meal and Snack Ideas for
People with CF on the Run



Back-up Your Enzymes

Make sure you always take your enzymes with food and beverages, even just a snack. Keep enzymes everywhere from your coat pockets

to your book bag. Ask your Center Dietitian for a list of foods which do not need enzymes.



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Start Stashing

Before you go to sleep, think about the busy day ahead of you. Where will you be spending your time? Where can you stash food that is convenient for you?

- Backpack
- Purse
- Briefcase
- Desk drawer
- Locker
- Cooler in your car



Grab 'N Go

Grab N'Go Breakfast

*The morning routine can be stressful. Leaving the house hungry isn't a good idea. With a little planning, you'll be able to make meals you can just **Grab 'N Go**.*

Scramble an egg with cheese and warm up a tortilla. Wrap the egg and cheese in a tortilla and off you go.

Microwave a breakfast sandwich while you're dressing. Grab it and run.

Keep containers of canned shakes, yogurt drinks, and other high calorie beverages in your bookbag or briefcase.

Buy giant muffins in bulk, wrap & freeze each. In the morning, just grab one and go.

Fill a water bottle with your favorite beverage or shake each night before you go to bed. Grab it before you head out in the morning.

Make a batch of French toast or pancakes, wrap individual servings, and freeze. In the morning, pop a serving in the microwave. It'll be ready to eat before you know it.

Single serving oatmeal (comes by the packet or in its own insulated bowl). Just add hot water or milk and take it with you.

Buy cold cereal in individual containers (bowls or boxes) or pour your favorite cereal into a container. Take along a single servings of boxed liquid milk (those don't have to be refrigerated).

Keep a bowl of fruit by your house/car keys. Grab a banana, orange, or apple on your way out the door.

Grab N' Go Mini Meals

When on the go don't get caught without something to eat at mealtime. Grab a mini meal to have ready to go.

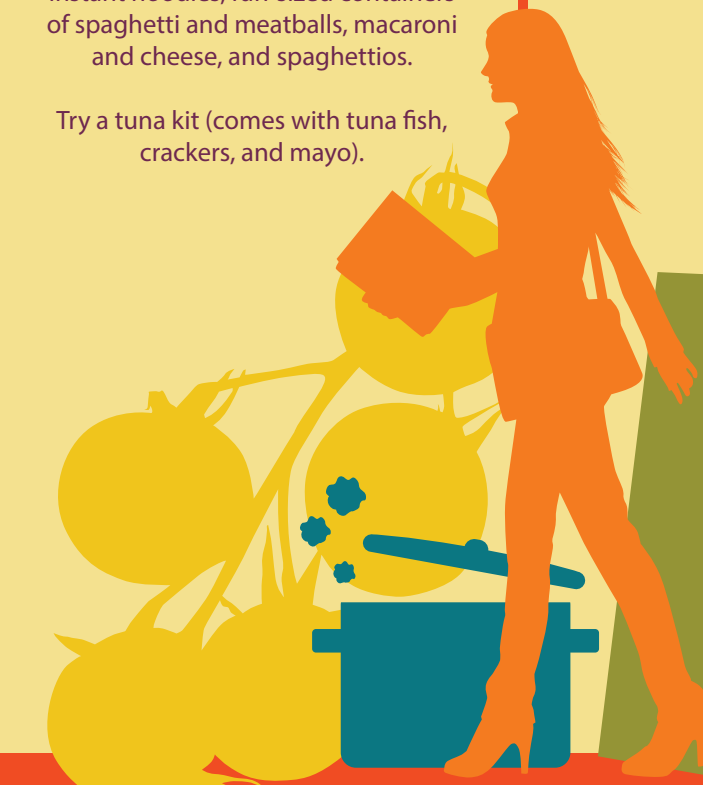
Top bagel halves with spaghetti sauce and shredded cheese. Wrap and heat up just before you run out the door.

Make sandwiches (PB&J, ham, or turkey) at the beginning of the week and freeze them. Toss one in your bag and let it thaw during the day. You also can look for frozen PB&J sandwiches in the grocery store.

Think about refrigerating wraps or burritos. Buy microwavable burritos, so you can wrap one in a paper towel, heat, and run.

Pack microwavable instant soup, instant noodles, fun-sized containers of spaghetti and meatballs, macaroni and cheese, and spaghetti.

Try a tuna kit (comes with tuna fish, crackers, and mayo).



Grab N' Go Snacks

Keep these snacks cool with an ice pack in an insulated lunch bag or in a cooler.

High-fat deli meat and cheese "roll-ups"

Cheese sticks and single serving cheeses (peel and eat varieties such as gouda, cheddar, and string cheeses)

Single servings of whole milk cottage cheese

Whole milk yogurt and yogurt drinks

Hummus in a small container and a pita cut into triangles

Single serving canned pears, peaches, or fruit cocktail

Keep These Anywhere.

- Trail mix
- Granola, protein and snack bars
- Fig bars
- Cheese and cracker packs
- Shakes, canned or bottled
- Individual peanut butter packets
- Muffins
- Graham crackers, vanilla wafers, gingersnap cookies, animal crackers
- Nuts (*peanuts, cashews, almonds, walnuts, macadamia nuts, etc.*)
- Sunflower seeds
- Raisin bread
- Pretzels
- Cereal
- Single-serving juice or milk boxes
- Dried fruit
- Bottles of Frappuccino
- Pudding snacks (*some brands do not have to be refrigerated*)
- Hot cocoa mix
- Fresh fruit

