

# GO LIGHT when you GRAB A BITE

Families in America lead busy lives—balancing work, school, and play. Our busy schedules often mean eating more meals on the go.

In 1960, over a quarter of the money spent on food in the United States was on food eaten away from home.

By 2011, the money spent on food eaten away from home in the United States jumped to nearly half.



The average American eats away from home four times a week, and studies have shown that can translate to putting on **8 extra pounds a year.**

The more you eat away from home, the more the pounds can add up.



But eating on the go doesn't have to mean extra pounds. By planning ahead, you can pack a meal or snack to take with you.



Or if you need to grab some food on the go choose healthier options or order smaller sizes.

**Making small changes when we're eating out or on-the-go can make a big difference in our health—and our waistlines.**



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