



PLANES, TRAINS AND AUTOMOBILES

Tips for Healthy Eating



When you're traveling for business or en route to a holiday destination, eating right can be a challenge. You can steer clear of dietary road-blocks with smart planning and a flexible mindset. Here are tips from our experts for making smart choices on the go.

ON THE ROAD

Make pit-stop shopping something you'll feel good about 20 miles down the road. Plan ahead for smarter snacking.

Stocking your cooler

Pack protein- and nutrient-rich treats:

- Applesauce, grapes
- Yogurt, low-fat string cheese/cheese slices
- Single-serving containers of hummus, guacamole, natural peanut butter
- Peanut butter sandwich on whole-grain/sprouted bread

Reaching the rest stop

Fuel up with nourishing foods:

- Apple, banana, orange, grapes, cherries
- Bag of sliced carrots, celery sticks, bell peppers, snap peas
- Tuna pack
- 1 pack of raw, unsalted nuts
- 100% whole-grain wrap with avocado & tomato slices

Tip: Trail mix can be a diet killer. Choose mixes with nuts, seeds and dried fruit. Dark chocolate chips are great in cool weather, but avoid M&Ms and the like. Your best bet: Make your own, measure out ¼-cup portions and fill small baggies for the ride!



IN THE AIR/ON THE TRAIN

If you look, you can find real food even in airport and train terminals studded with cinnamon roll and fast food vendors.

Planning ahead

Put smart snacks in clear bags to get through security:

- Homemade trail mix
- Air-popped or bagged popcorn (with minimal ingredients: corn, oil and salt)
- Easy-to-eat vegetables and fruit that can stay fresh

Visiting shops or kiosks

Buy single servings of:

- Low-fat Greek yogurt
- Hummus with pretzels
- Fruit cup made with fresh fruit
- Pre-cut veggies
- Turkey or salmon jerky (watch your sodium intake if you have salt-sensitive hypertension)

Stopping by a café

Swap healthier foods for your go-to choices:

- Oatmeal instead of sugary granola (avoid sweetened microwave oatmeal)
- Unsweetened fresh fruit cup instead of a blueberry muffin
- Cinnamon or nutmeg instead of sugar, syrup or whipped cream in your coffee

Tip: Keep a few single-serving snacks on hand during your flight. Store extra food in the overhead (out of sight, out of mind)!



AT YOUR DESTINATION

End the day with a nourishing meal.

Starving? Order extra veggies, lean protein (steamed, broiled or grilled), whole grains and nutritious fats. Or a salad with grilled chicken or wild fish, dressed with olive oil and balsamic vinegar. If you enjoy an occasional dessert, offer to share. Eat mindfully and savor each mouthful! That way, you can satisfy your sweet tooth and move on.

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