

Tips for Eating Healthy While Traveling

By: Brittney BSc(HNS) from Exploring Healthy Foods

Going on a road trip or flying to visit a new city is always fun and exciting but unfortunately this is normally associated with eating fast food multiple times a day, munching on chips and other unhealthy snacks. I definitely believe in moderation and indulging when you really want something, but that doesn't mean your healthy lifestyle needs to be thrown out the window while traveling. There are a lot of things that you can do to prepare yourself so that you can have healthy options available to you.

1 Do your research ahead of time. Find restaurants in the area that have healthy options or ones that cater to your lifestyle (gluten free, vegan, vegetarian, dairy free). There are so many restaurant review blogs out there that make it easy to find menus with healthier options.

2 Limit the amount of unhealthy food you bring. If you only have healthy foods with you won't be tempted to eat anything else. Foods like nuts and whole grains (*see full list below*) have nutrients and fibre therefore will keep you feeling full for a longer period. Eating these types of foods will also help if you're traveling with others who bring unhealthy food because you can fill up on the foods you brought. If you are tempted, set a goal for yourself like you'll treat yourself once per day while traveling to a food that you normally wouldn't consider being apart of your healthy lifestyle.

3 Now you most likely won't be able to bring fresh fruit and vegetables across the boarder. *If your traveling within your country, pack a cooler full of fresh produce and other healthy options listed below.* If you're driving, **plan a stop once you've crossed the boarder to pick up some fresh produce**, fat free yogurts, hummus and other healthy snacks. Most grocery stores have pre-cut fruits and vegetables that are perfect for eating on the go. Apples, bananas, strawberries are the best type of fast food!

4 Pack yourself a small blender and make smoothies in your hotel room! There are mini travel size blenders available that can easily be packed in your suitcase or trunk. *Storing fresh produce/foods:* Make sure you have access to a fridge or cooler wherever you're staying.

5 Whether you're driving or flying **bring things to do while traveling to keep you occupied** to avoid eating out of boredom. My favorite things to bring: Magazines, computer/tablet with a new movie on it, crossword puzzles, books and Ipod.



Tips for Eating Healthy While Traveling

Healthy Foods to Bring while Traveling:

- Nuts, seeds {almonds, walnuts, cashews}. Always choose unsalted
- Dried fruits {dried mangos, banana chips, apricots, cranberries}. Choose raw dried fruits that do not have any added sugars to them. *Create your own trail mix with nuts, seeds, and dried fruit. Add pure dark chocolate chips if you have a sweet tooth!*
- Lara bars or Cliff bars
- Chickpeas with sea salt or other type of seasoning
- Granola
- Rice cakes (may be a little messy!)
- Dried seaweed (has a salty taste, can be found at most grocery stores and health food stores)
- Whole grain cereals to snack on

Beverages:

- Water
- Coconut water
- Sparkling water
- Almond milk

In the car snack ideas:

Make sure to bring cutlery & paper towel!

- Peanut butter with apples or celery
- Peanut butter on whole grain breads (or rice cakes but these can get messy in the car!)
- Hummus with carrots or whole grain crackers
- Cottage cheese on whole grain crackers
- Fresh fruit dipped in yogurt
- Popped popcorn in baggy seasoned with sea salt
- Snap peas

**Find 20+ healthy snack ideas in my Nutrition Basics Ebook.*

EXPLORING
HEALTHY FOODS

www.exploringhealthyfoods.com