

Stay Healthy On the Road

Eating while traveling can be a challenge. A little planning and preparation is the key to eating well and being healthier.

Before You Go

Try to plan ahead as much as possible. Research your destination beforehand and take the duration of your trip and available luggage space into consideration.

Remember to keep these questions in mind:

- Where you are going to be staying?
- How long will you be gone?
- What are your restaurant/grocery store options?
- How much extra space is available in your luggage?

Pack Snacks

If you have room in your luggage or are just gone for a day trip in the car, take a list to the grocery store prior to your departure. Buy some healthy snacks so you are never left hungry, which often leads to impulsive decisions for fast food and overeating. A small insulated cooler or lunch bag will help keep your snacks cool and fresh to eat.

Creative Combinations

By combining carbohydrates, proteins and healthy fats at each meal or snack, you create an optimal hormone balance in the bloodstream that will burn fuel most efficiently and keep hunger at bay.

Carbohydrates:

- 3/4 cup whole grain cereal
- One slice whole-wheat bread
- Whole-wheat English muffin
- One medium-sized piece of fruit
- 1/2 cup cut-up fruit (berries, melon, grapes, banana, pineapple, kiwi)
- Three graham cracker squares
- One whole-grain or corn tortilla
- Raw vegetables
- One cup cooked vegetables
- 1/4 cup dried fruit

- One rice cake
- 3 cups popcorn
- One granola bar
- Half of a pita bread
- One mini whole-grain bagel
- 1/2 cup whole-wheat pasta
- 1/2 cup of oatmeal (plain or low sugar; instant is OK)
- Seven whole-grain crackers
- 15 to 20 baked tortilla chips
- 1/2 cup unsweetened applesauce.

Protein:

- 1 tablespoon natural peanut butter
- Three egg whites
- 2 tablespoons hummus
- 1/4 cup nuts (soy, walnuts, almonds, peanuts)
- 1/2 cup low-fat cottage cheese
- 6 ounces low-fat yogurt
- One stick string cheese
- 1/4 cup tuna fish
- 1/4 cup trail mix (almonds, walnuts, peanuts, dried fruit, whole-wheat cereal)
- One hardboiled egg
- 1 tablespoon reduced-fat cream cheese
- 1-ounce low-fat cheese
- One slice of low-fat, low-sodium lunch meat
- 1 or 2 ounces of chicken breast or turkey
- 1/4 cup beans (black, pinto, chickpeas, kidney, edamame, lima)

Stay Hydrated

- Have bottled water with you at all times – aim to drink at least 64 ounces each day. Note that traveling by airplane dehydrates the body more.
- Limit sodas, fruit juices or high-calorie/sugary coffee drinks. If you want to drink something other than water, try water with lemon, lime or cucumber. Choose 100 percent fruit or low-sodium vegetable juice, coffee with skim milk, club soda, or sparkling water.
- Limit alcohol intake, as it dehydrates your body and adds empty calories.
- Be your own barista. Coffee drinks can be a substantial source of unwanted calories from fat and sugar. Order plain coffee, and add low-fat milk or fat-free creamer. Sweeten your drink with a small amount of sugar or sweetener. Choose skim milk in lattes and specialty drinks. Ordering a small coffee drink instead of a large will also cut down on calories from “add-ins.”

No Time to Dine Out

- **Make time on the go:** Bring a cup of dry, low-sugar, high-fiber cereal in the car with a cup of skim milk and an apple or banana. Grab a drinkable yogurt and a whole-wheat piece of toast with peanut butter. Make a healthy choice at a fast-food restaurant by choosing a whole-grain bagel, toast, fresh fruit or whole-grain English muffin instead of a doughnut, croissant, biscuit, bacon, sausage or other high-fat, high-calorie choice.
- **Find a local grocery store:** Instead of stopping for fast food, find a local grocery store nearby, and stock up on apples, bananas, pears, plums, nectarines or a pre-cut fruit medley; baby carrots; pre-washed broccoli; snap peas; cauliflower; almonds; walnuts; soybeans; or trail mix granola bars. Stop at the deli and grab a sandwich on 100 percent whole-grain bread with lean turkey or chicken. Load up the sandwich with lots of veggies and mustard instead of mayo, or make a salad at the salad bar.
- **Make a pit stop at a nearby gas station:** It might be hard to believe, but it is possible to find some healthy snacks at a rest stop. Choose a small bag of unsalted nuts, fresh fruit, low-fat string cheese, whole-grain crackers, dried fruit, a high-fiber protein or cereal bar, a high-protein meal replacement shake, or low-fat chocolate milk.

When Dining on the Road

Make your decision early. Pick a restaurant before you walk out the door, and check the menu online. This way you will not be tempted by the juicy cheeseburger staring at you, because you have already decided on the grilled fish with veggies.

Stick with smaller portions. Order a lunch-size portion or an appetizer for your main meal, or ask the server to box up half of your meal before it is brought to the table.

Consider the following options:

Entrée:

- Select entrees with fruits and vegetables as key ingredients.
- Choose foods made with whole grains. Examples include whole-wheat bread, pasta and dishes made with wild or brown rice.
- Select from Poultry, fish, shellfish and vegetable dishes.
- Order pasta with red sauce or with vegetables (primavera).
- Look for items on the menu that are baked, grilled, dry-sautéed, broiled, poached or steamed.
- Ask for sauces and dressings on the side.
- Limit the amount of butter, sour cream, margarine and salt you use at the table.

Salads/salad bars:

- Get fresh greens, lettuce or spinach.
- Choose fresh vegetables, such as carrots, mushrooms, tomatoes, cucumbers, peppers, onions, radishes and broccoli.
- Add beans, chickpeas or kidney beans.
- Add salsa and low-fat cottage cheese.
- Skip the deli meats, bacon, egg, cheese and croutons.
- Choose lower-calorie lemon juice, vinegar, reduced-fat or fat-free dressing.

Side dishes:

- Choose a baked potato, brown rice, or steamed or roasted vegetables.
- Ask for your side dish without butter or margarine.
- Ask for salsa, mustard or low-fat yogurt instead of sour cream, mayo or butter.

Resources

- ChooseMyPlate.gov: www.choosemyplate.gov
- U.S. Department of Agriculture: www.nutrition.gov
- U.S. Department of Health & Human Services: <https://www.hhs.gov/>

Here when you need us.

Call: 844-207-5465

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: LivingME

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