



## Tips for Healthy Eating While Traveling and On the Go

This particular subject is something many of us run into daily. With busy schedules and vacations, it is easy to fall into the fast food trap.

However, there are some very simple and cost effective ways to stay nourished while traveling and on the go.

1. **Meal Planning.** Just like we do at home, it is every bit as important to plan for when you know you will be on the move. Knowing durations of your travel help with planning what it is you should take with you. Veggies, nuts, bottled water and fruits are great meal replacements, fill you up and keep you nourished while on the go or until your next big meal.
2. **Timing is key.** You know when you are hungry. Often times when you are traveling there is a lot of down time, and then boredom sets in. One of the worse culprits of eating a lot or unhealthy out of boredom. This is where it is especially important to meal plan or “snack plan”. Knowing you aren’t going to have the ability to sit down to a solid meal makes even more important that you prepare a healthy fulfilling snack for yourself and others. Don’t eat just to eat!
3. **Try water first!** Stay hydrated and drink water often.
4. **High fiber and protein** are essential to helping stay full longer. So while traveling, it’s important to look for snacks that pack plenty of protein and fiber, like low sodium beef jerky and almonds.
5. **Research healthy options.** When traveling, whatever route or trip you are taking, research the area! It is very easy to swing into your favorite fast food place; however, research where you are going and see what healthy options pop up within the area of where it is you are going to be traveling along.