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Eat Well On-The-Go

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Traveling can come with nutritional challenges. Whether it's a business trip or summer vacation, we are taken out of our daily food routines. The availability of fresh food is limited and we likely are faced with choosing from restaurant menus or convenient stores. On the other hand, the food we enjoy while traveling can be delicious and memorable. So how do we navigate our nutrition choices on-the-go? Here are some tips to help you eat right while traveling.

Pack Snacks

- Fresh or dried fruit (freeze dried even better).
- Pre-cut veggies (with hummus or "bitchin' sauce" if refrigeration is available).
- Nuts and trail mix (pre-portioned into snack-size bags).
- Nut butters (travel packs are great for planes).
- Whole-grain or GF pretzels, rice crackers and "skinny" popcorn.
- Snack bars. Look for bars made with whole grains, nuts and fruit and with minimal amounts of added sugars.
- Part-skim mozzarella cheese stick.

At Your Destination, Seek Out Healthy Bites

- **Markets:** Pick up pre-washed/pre-cut vegetables, hummus, non-fat yogurt, pre-made sandwiches, salads, and fruit.
- **Sandwich shops:** Choose whole-grain bread, lean meat, extra vegetables and mustard and avocado instead of oil or mayo. Skip the chips and soda and opt for vegetable and broth based soups and water instead.
- **Coffee Shops:** herbal tea and black coffee are always best, but if you like a latte keep it nonfat or with a dairy alternative milk. Avoid added sugars and syrups and hold the whipped cream! Often you can find a healthy bar or specialty food instead of a pastry.
- **Drive-thrus and casual restaurants:** Focus on items that are grilled, steamed, broiled or baked instead of fried or sautéed. Consider salads with lean protein and a vinaigrette-based dressing, broth-based soups, oatmeal and eggs with whole-grain bread. If you're craving comfort food, just watch your portions — stick to the basics such as a single burger patty without special sauces, kid-size sides and water instead of soda.
- **At a hotel, ask for a room with a mini-fridge.** Then visit the local market for grocery staples. That way you can keep healthful items on hand for snacks or breakfast**.** It's not uncommon for hotel breakfast bars to be stocked with cereals with large amounts of added sugar, pastries and other suboptimal choices. If your hotel offers this complimentary meal, go ahead and scope it out, but look for whole-grain cereals, fat-free yogurt, fresh fruit, and eggs.
- **Beware of buffets.** Before you grab a plate, walk around the buffet and decide which foods you'll choose. Aim to make half your plate fruits and vegetables, one-quarter lean protein and one-quarter whole grains.