



FOOD FOR THOUGHT: HEALTHY EATING ON THE GO

Pack healthy, non-perishable snacks. No matter how you travel, your family can keep eating healthfully with these simple options:

- Whole or dried fruit.
- Freeze-dried vegetables.
- Nuts (pre-portioned into snack-size bags).
- Nut butters (travel packs are great for planes).
- Whole-grain pretzels, crackers and bread sticks.
- Trail mix.
- Snack bars, made with whole grains, nuts and fruit with few added sugars.

Go to markets. Pick up pre-washed/pre-cut vegetables, hummus, yogurt, sandwiches, salads and fruit with peels including oranges and bananas.

At your favorite sandwich shop. Choose whole-grain bread, extra vegetables and mustard instead of oil or mayo.

At 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, and 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 eat breakfast in your room and keep healthful snacks on hand including hummus and yogurt.

Make instant oatmeal for breakfast. It's easy with hot water from a coffee maker. Stir in dried fruit, nuts and milk for a satisfying start to the day.

Always remember to HYDRATE! Keep your refillable water bottle filled all day. It will help with sleep, digestive issues, jet-lag and keep you focused and fresh.