

Healthy Highway: Eating on the Road

Whether you're embarking on a long road trip or just spending a day traveling, finding nutritious food can be challenging. However, with a little planning and the right choices, you can stay energized and healthy on the go.

Plan Ahead

Pack Healthy Snacks: Bring foods that don't need refrigeration and are easy to eat on the go. Some great options include:

- Fresh fruit (apples, bananas, or oranges)
- Nuts and seeds
- Whole-grain crackers, popcorn, granola bars
- Nut butter packs



Stay Hydrated: Keep a water bottle with you. Avoid sugary drinks like soda or energy drinks

Fast Food Stops

If fast food is your only option, here's how to make it healthier:

- **Choose Grilled Over Fried:** Go for grilled chicken or a veggie burger instead of fried chicken or a double cheeseburger.
- **Pick Smaller Portions:** Avoid upsizing meals. A regular-sized burger or small fries is enough.
- **Add Veggies:** Order extra lettuce, tomato, or other veggies on your sandwich. A side salad is also a great option.
- **Skip Sugary Drinks:** Choose water, unsweetened iced tea, or a small coffee instead of soda.



Convenience Store Tips

Gas stations and convenience stores are typically found at every rest stop and you can still find healthy options if you know what to look for:

- **Grab Fresh:** Many stores have fresh fruit, yogurt, or pre-made salads.
- **Go for Protein:** Look for hard-boiled eggs, nuts, or string cheese.
- **Avoid the Candy Aisle:** Choose healthier snacks like trail mix (without candy), whole-grain crackers, or popcorn.



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Restaurant Hacks

When you have time to stop at a sit-down restaurant:

Look for Keywords: Choose meals that are baked, grilled, steamed, or roasted. Avoid anything labeled “fried” or “smothered.”

Ask for Modifications: Restaurants tend to be very accommodating when it comes to modifying dishes for patrons, so don't be shy about asking.

Substitutions: Questions to ask

- Do you have whole wheat bread, brown rice or other whole grain options?
- May I have a side of salad or vegetables instead or in addition to X?
- May I have fruit instead of X?
- May I have extra chicken instead of bacon on the salad?



Portion Control: Restaurants often serve large portions. Share your meal or save half for later.

Portion Control: Questions to ask

- How large is the portion for this dish/item?
- Are there smaller size options?
- Can I have half-packed in a to-go box?
- Please put the dressing/sauce side.
- We'll be sharing. Could you split the dish for us?



Final Tips

- **Stay Mindful:** Take time to enjoy your food and listen to your body. Don't eat just because you're bored on the road.
- **Keep Moving:** Try to stop and stretch or walk around every few hours to stay energized.