



Healthy Eating While Traveling

Hotels

When staying at a hotel, order your healthful breakfast choices a la carte to avoid temptations at the buffet. Or, take some mini-boxes of cereal and fresh fruit with you, and keep a small container of 1% milk in the ice bucket overnight.

Car Travel

- If you have a long distance to travel in the car, shop for snacks beforehand so that you don't end up with only high-fat choices on the road. Pretzels, bagels, breadsticks, fig bars, low-fat or nonfat yogurt, baby carrots or ready-cut carrot and celery sticks, and dried fruit are easy to eat in the car.
- If you're traveling in a car with children, pack a cooler with fruit, juice boxes, graham crackers, animal crackers, bite-size breakfast cereal, and string cheese to save time, money, and arguments at rest stops.



Airplane Travel

- If you fly often, call 48 hours ahead to order a special meal offered by most airlines without an additional charge. Good choices are the vegetarian meals, fruit platters, and other low-fat meals.
- Many airlines offer peanuts or pretzels with their beverage service. Opt for the pretzels, which contain little or no fat. The peanuts may have up to 93 percent of calories from fat.
- Watch the amount of alcohol you drink, especially when flying. Aim for no more than one alcoholic drink per day. Alcohol provides calories with no nutrients, tends to increase your appetite, and increases dehydration and jet lag. Try mineral or club soda with a twist of lemon or lime instead.

