

How To Eat Well While On Summer Vacation!



Jesse

While on long drives, stop at larger gas stations to load up on fresh fruit cups, veggies, raw nuts, and water.



Katie

Save money (and avoid being around lots of people) by not eating out every meal. Take advantage of the fridge and coffeemaker (hot water for oatmeal!) in your hotel room.



Kim

We used to stop at every new state's welcome center – A fun game of Frisbee or walking your dog is a great way to stretch your legs, get your steps in, & help prevent blood clots.



Wendy

I recommend bringing a small cooler and using Ziploc bags with pre-portioned nuts, veggies, whole grain crackers, and blueberries, and of course cold water bottles.



Megan

When driving a long distance, I like to keep a food log so I can avoid mindless munching! I also try to limit myself to one small “splurge treat” each day.



Angela

I like to take a bag of romaine lettuce and eat it like “chips” –Crunchy, refreshing, and high in nutrients! Go to the grocery store on the way instead of stopping for fast food.



Karen

Many of the sub shops will hollow out wheat bread and toast it. This makes much more room for veggies. A hollowed, toasted veggie sub is more portable and less expensive than a salad.



Gina

Can a passenger in the car look up food choices in the area? Choose the fast food or restaurant that has the healthiest choices. Pre-determine what you are going to order so you aren't side tracked.

BIG CALORIE SAVING SWAPS

French Fries	Fruit Cup	Fried Chicken	Grilled Chicken
Cheese	Avocado	Cheesy Enchiladas	Fajita Salad
Hamburger	Veggie Burger	Soda	Water