



A Physical Activity Resource



TRAVEL TIPS: STAYING HEALTHY ON THE ROAD

Vacations and road trips often go hand in hand with unhealthy foods, but travelers can make healthy, safe choices instead. See below for tips!

Smart ideas for the road

- Eat a healthy breakfast at home before your trip.
- Bring a cooler with ice or ice packs and load it with nutritious easy-to-eat snacks and lunches. Make sure your cooler stays cool!
- Choose water. Bring a few reusable water bottles and fill them up at rest stops.
- Bring hand sanitizer.
- Throw in a few plastic grocery bags to use for trash bags.

Smart foods in a restaurant

When you stop for a meal at a restaurant think about making healthy choices:

- Look for grilled items versus fried items.
- Choose plenty of greens.
- Skip sauces and dressings or ask for them on the side and use them sparingly.
- Select side dishes other than French fries (like side salads, fruit cups, or low-fat cottage cheese).
- Choose milk or water instead of pop.
- Resist supersizing.

Smart foods for the car

Think about what sorts of healthy foods your family normally eats at home. If possible, pack a few of those items for the trip.

FOODS FOR THE COOLER:

- Individual low-fat or fat-free yogurt cups
- String cheese
- Fresh fruit – like grapes, apples, and clementines. Avoid messy fruits (like juicy peaches) and fruits that bruise easily (like bananas).
- Individual applesauce cups
- Fresh vegetables like snap peas, and cut-up carrots, celery, and cucumbers. Consider packing hummus if you like your veggies with a dip.

FOODS THAT DON'T NEED TO BE IN THE COOLER:

- Homemade snack mix
- Small portions of dried fruit
- Whole grain crackers
- Small portions of nuts



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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EXTENSION

Create Your Own Snack Mix

Yield: 8 Servings | Serving Size: 1/2 Cup

- 1 cup round corn puffs
- 1 cup checker board wheat squares
- 1 cup bite-size wheat, corn, or rice squares
- 1 cup raisins

Other options:

- Other cereals. Look for whole grain, high fiber, low sugar cereals.
- Dried fruit (like raisins, dried cranberries, or dried apricots, chopped into small pieces)
- Nuts or seeds (like peanuts or sunflower seeds)
- Pretzels (small twists or sticks)
- A few chocolate chips

- 1) Place all ingredients in a bowl and mix.
- 2) Put ½ cup of mix in small plastic bags for a snack on the go!



Nutrition Facts

Serving Size 0.5 cup (32g)
Servings Per Container 8

Amount Per Serving

Calories 110 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 2g

Vitamin A 2%

• Vitamin C 2%

Calcium 2%

• Iron 10%

Stay active on the road

- It is a smart idea to stop at rest areas every two to three hours to stretch and move.
- Build an exercise break into your daily schedule. This might be a short hike or exploring a new town on foot.
- Bring a pair of tennis shoes along and take 10 minutes during a few breaks to do jumping jacks, step-ups on a bench, or jump rope.
- Play Frisbee on a break (when you have enough space).

Other tips

- Roadside produce stands may be available on your route. Give local fruits and vegetables a try!
- When you do have to grab snacks at a gas station or convenience store, see if fresh fruit, low-fat yogurt, string cheese, whole grain crackers, or other healthy options are available.
- When planning your vacation, think about how to fit in active family activities.

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