



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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## 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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