



Eating Healthier on Your Next Trip

Whether you're traveling locally or abroad, healthy eating habits can travel with you this summer. Just make these strategies part of your routine.

Stop For Smart Snacks

What to do: Stash healthy snacks in your carry-on or in the glove compartment. This is a great way to ensure you're not hitting the hotel vending machine or a fast-food drive-through for a quick fix. Granola bars, dried fruit and pretzels are good options. Or consider taking a small cooler filled with fresh fruits, vegetables and beverages.

Also, eat small meals every three to four hours so that you're not starving later in the day. Skipping meals often leads to overeating. And too many calories can contribute to unwanted weight gain.

Fuel Up On Fluids

What to do: Don't forget the bottled water. Drinking plenty of liquids is especially important if your trip includes a flight. Strive for 8 ounces of water for each hour you fly.

Healthy Grab-and-Go Snacks for Kids

Here are some healthy, travel-friendly snack ideas your kids will love:

- Make your own trail mix so you know the ingredients are healthy; buy bulk unsalted nuts, dried fruits and cereals, mix together one big batch, and measure out single servings into bags
- Measure out single servings of dry cereal into bags
- Nuts make a crunchy alternative to chips and crackers; try unsalted walnuts, almonds or sunflower seeds
- Pop a big batch of air-popped popcorn; sprinkle it with salt-free seasoning and place individual servings in plastic bags