

Fuel Your Adventure: Nutrition Tips for Travel

Challenges of travel:

- Limited options
- Excuse to eat “whatever”
- Stress, fatigue, distraction

Strategies for travel:

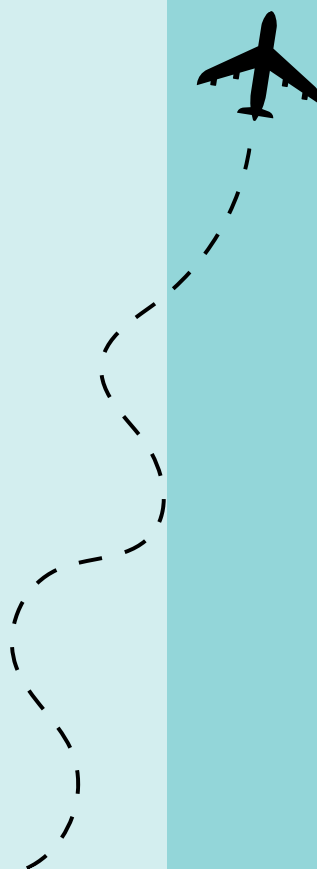
- Make a game plan
- Stay flexible
- Take care of your whole self

MAKE A GAME PLAN

- Bring a cooler, ice packs, plates, bowls, utensils
- Request a room with a fridge/microwave
- Research local grocery stores and restaurants
- Stock up on non-perishables

Non-perishable foods:

- V8 juice cans
- Individual fruit or applesauce cups
- Baked fruit chips
- Freeze-dried fruits and veggies
- Portable fruit (apples, bananas, oranges)
- Dried fruit
- Nuts and nut butters
- Whole grain crackers, bagels, cereal
- Roasted chickpeas or edamame
- Popcorn
- Shelf-stable pouches of cooked grains
- Tuna pouches
- Trail mix
- Meat jerky
- Bars (Lara, Luna, Kind, RxBar)
- Shelf-stable milk cartons



Dining out strategies:

- Look for fiber and protein on the menu.
- Order a la carte, and avoid super-sizing and value meals.
- Watch portions, and look for kid or lunch portions.
- Customize where you can.
- Drink water or unsweetened tea.
- Limit alcohol intake.

STAY FLEXIBLE

- Travel is dynamic and plans can change quickly.
- Allow yourself to adapt to the situation and make the best choices you can given the circumstances.
- If you make choices you aren't happy about, show yourself kindness instead of getting down on yourself.
- Don't be so strict with yourself that you miss out on enjoying foods you really want!

TAKE CARE OF YOUR WHOLE SELF

Hydration

Sleep

Movement

Alone time

