



NUTRITIONAL SUPPORT

ROAD WARRIORS - TRAVEL NUTRITION



Road Warriors: Travel Nutrition

Travel and work trips don't have to derail your wellbeing efforts.



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Make a plan BEFORE you take off:

- Pre-pack nutrient dense foods from home when able.
- Plan to stop at a grocery store or market before checking into your hotel, or pre-order groceries online from a local supermarket for a quick grab and go.
- Scan the vicinity for healthier restaurants and to-go options, like stir fry, grain bowls, veggie-heavy wraps and taco bowls.
- Invest in a cooler or thermos to keep cold foods cold and hot foods hot, ensuring to mind food safety recommendations when access to a fridge is limited.
- Book hotels with a mini-fridge and/or microwave. Pre-pack needed items like a few to-go containers, napkins and silverware.

Keep some healthy habits consistent:

- Start the day right and don't skip breakfast. Aim to include protein and produce.
- Hydrate. Travel can throw off your water intake. Pack a water bottle and refill often.
- Stay conscious of your food pattern. If you typically eat mid-morning and afternoon snacks, pack plenty of options. If you don't typically eat late, prioritize eating a balanced meal at your typical dinner time.

MAKE THE MOST OF CONTINENTAL BREAKFAST

- Continental breakfasts can be convenient, but also highly processed and imbalanced.
- Aim to build a meal around whole food options like fruit, nut butters, oats and eggs.
- If choosing processed foods, lean toward minimally processed items like whole grain bread, whole grain cereal and yogurt.
- When building a balanced breakfast, variety is key. Try to choose something with protein like eggs or peanut butter, some high-fiber carbs like fruit or oats and a bit of healthy fat.



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HEALTHY EATS ON THE GO



BREAKFAST

- Make instant oatmeal for breakfast. If you have a coffee maker, you can make instant oatmeal. Stir in dried fruit, nuts and milk for a satisfying start to the day.
- Keep fruit, yogurt, nuts and seeds in your hotel for an easy morning parfait.

SNACKS

- **Pack healthy non-perishable snacks. No matter how you travel, you can keep eating healthfully with these simple options:**
 - Whole or dried fruit
 - Nuts (pre-portioned into snack-size bags)
 - Nut butters (individual pouches are great)
 - Whole-grain pretzels & seedy crackers
 - Trail mix
 - Snack bars (Look for bars made with whole grains, nuts and fruit with few added sugars)
 - Pre-cut veggies (paired with nut butter brought from home)
 - Individual hummus and guacamol

LUNCH & DINNER

- **At the Supermarket**
 - Capitalize on the buffet and deli at the local grocery.
 - Many markets have ready-made salads, wraps and to-go meals that are made in-house.
 - Look for soups near the deli for an easy lunch option.
- **Dining Out**
 - Focus on items that are grilled, steamed, broiled or baked instead of fried or sautéed.
 - Consider salads with lean protein and a vinaigrette-based dressing, broth-based soups.
 - Chain restaurants with 20 locations or more are required to provide nutrition information. Check the restaurants website prior to dining to uncover the high-fiber meals with plenty of healthy, unsaturated fats.
 - Mexican, South American, Thai and Indian fare often have plenty of veggie-heavy options.
 - Be intentional about appetizers, beverages and desserts. It's not wrong to include them, but do so intentionally and mindfully!



6 Tips for Healthy Travels

Eat Breakfast

Hydrate with Water

Choose Veggie-Heavy Entrees

BYO Balanced Snacks

Keep an Eye on Alcohol

Own Your Healthy Choices