



KEYS TO BETTER HEALTH™



Eating Well on Vacation

Vacation is a time for relaxation, fun, and oftentimes the urge to splurge on food and drink. Rather than going on vacation from your healthy diet, take it with you when you travel, utilizing the following tips to help you stay on track.

Look for a hotel room with a mini-kitchen

- If you can, book a hotel room with a mini-kitchen so you can prepare your own foods at least some of the time.
- Stock your hotel kitchen with healthy foods like whole grain crackers, fresh and canned fruits and vegetables, and low-fat dairy products.

Eat breakfast

- Start your day off right with a healthy breakfast in your hotel room. Bring along packs of instant oatmeal, mix with hot water and warm in the microwave. Other options include mixing cold cereal with milk or making a yogurt parfait with chopped nuts, fruit and granola.



Pack a Snack

- Going on a hike? Pack some quick snacks such as trail mix, whole grain crackers with peanut butter, or fresh fruit.
- Water is your friend! Don't forget to pack a water bottle. Whether you are lying or walking, traveling can dehydrate you. Stock your car or hotel room with plenty of water.

Try lunch at the grocery store²

- Looking for a variety of lunch options to please the whole family? Consider stopping at the local grocery store. Many stores offer a variety of items to please everyone from salads, sandwiches, and fresh fruit.
- Take your fresh foods with you on the road. Keep a cooler in your car, reloading it with ice at the hotel, to keep foods at the proper temperature.

Aim to include several food groups

- No matter where you eat, try to include whole grains, lean meats, healthy fats like avocados or olive oil, and a fruit or vegetable at each meal.¹
- Do enjoy regional food specialties, just try to limit yourself to one a day.

Stay active and relax

- Participate in activities available in the area you are visiting. Take a bike tour, go for a hike, a horseback ride, or go to the beach or pool for a swim.

Sources:

1. Eating on the Road. Academy of Nutrition and Dietetics website. http://www.eatright.org/~media/eatright%20files/sports%20and%20exercise/nfs_eating_on_the_road.ashx. Accessed 2/16/18.
2. Eating Well on Vacation. Today's Parent website. <https://www.today-sparent.com/family/family-health/eating-well-on-vacation/>. Accessed 2/16/18.

Keys To Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags!

