



VitaMin

Vital health information in a minute!

Healthy travel

On the road to better health.

Driving ideas for healthy eating

Summertime is the season for road trips. And road trips can lead to fast food and unhealthy snacks. Just because you're trapped in the car doesn't mean you're trapped into eating unhealthy. There are lots of ways to stay healthy on the road:

Don't eat out of boredom – Sitting in the car for hours means you aren't burning calories. Rather than taking in more calories you don't need, swap snacking for interesting conversation with your travel companion, an interesting book on CD or a fun game you can play in the car.

Don't overeat – It's easy to open a large bag of chips to munch on while you drive – except before you know it you've eaten the whole bag. Avoid overeating by packing snack-size ziplock bags with healthy snacks.

Drink smart – Use your time on the road to stay hydrated. Choose water or decaffeinated, no- or low-sugar beverages while you're on the road. Caffeine stimulates your bladder and intestines, which adds up to more trips to roadside restrooms.

Curb hunger with good nutrition – Eat meals and snacks that are more satisfying to scare off hunger pangs, like a bean and cheese burrito or a turkey and avocado sandwich on whole-grain bread. Avoid junk foods like chips and candy bars – they'll just leave you feeling hungry again.

Pack healthy snacks – It's easy to grab a bag of chips or a candy bar when you're filling up at the gas station. But that won't do much to curb your hunger. Think ahead and pack some healthy, nutritious snacks to have on hand. Granola bars, nuts and fruit are all good choices.

Eating healthy on vacation

Vacation may seem like a great time to indulge. French fries with lunch? Sure! Ice cream cone while you walk around town? Yes, please! But being on vacation doesn't mean you have to vacate your plans to eat healthy. These tips may help:

1. **Eat in once a day** to save calories and money. Pack heart-healthy oatmeal or low-sugar breakfast bars and have breakfast in your room.
2. **Drink in the benefits of water** instead of racking up empty calories with sugary drinks or alcoholic beverages.
3. **Portion control** is the name of the game. Try ordering off the kids menu, or enjoying an appetizer as your main meal.
4. **Substitute for better health** at restaurants. Ask for sauces on the side, switch fries for veggies and go grilled not fried.
5. **Pile on fruits and vegetables** by ordering more salads or asking a restaurant to add some grilled veggies to your pizza.
6. **Pass on condiments** that are high in calories, like mayonnaise or ranch dressing. Choose marinara or mustard instead.
7. **Go fish** when you go out to eat. Grilled or steamed fish can be a great way to get heart-healthy omega-3 fatty acids.
8. **Avoid the bread basket** on the table. It can add up to hundreds of calories before you even start your meal.
9. **Share dessert.** That way, you still get to treat yourself while you're on vacation, but you're not indulging in the entire dish.

Source: WebMD.com