

# Health Promotion in Motion

## Eat Healthy “On the Road”

Making healthy food choices while on vacation or a business trip can be a real challenge. You have less control over your choices and more temptations than usual. Try to find a balance between enjoying the new setting and not over-indulging. When traveling, it's good to have a plan and follow it. Here are a few ideas.

### Before You Leave Home

- **Visit your hotel's website or call to find out:**
  - If your room has a refrigerator, microwave, or coffee maker. Coffee makers can be used to boil water for instant oatmeal.
  - If your room comes with a **continental breakfast**. If it does, ask if they offer: hot or cold whole-grain cereals; skim or low-fat milk.
  - Where to go for healthy meals.
- **Pack a healthy lunch for your first travel day and a few snacks to last several days.**
  - Make a salad or a healthy sandwich made with whole-grain bread. Pack veggie sticks and fruit.
  - Bring along **low-fat, whole-grain snacks** such as air-popped popcorn, brown-rice rice cakes, or whole-wheat pretzels for an afternoon snack. Bring some raw nuts; avoid packaged nuts, which may have added salt and fat.
  - For your **breakfasts and/or snacks**, bring your favorite low-fat, whole-grain cold cereal or instant oatmeal, a bowl and a spoon. That way, you only need to add skim milk and berries or sliced bananas which may be part of the hotel's continental breakfast.
  - **If you are flying:**
    - Pack an empty water bottle to fill at the airport.
    - Eat a healthy meal or snack at home before you fly, so you'll be less tempted to buy something at the airport.
    - Bring a book to read, a puzzle book, or needlework (if allowed on the plane), so you won't be tempted to eat out of boredom.
  - **If you are not flying**, pack a low-calorie drink. This will save you calories, as well as the time and cost to buy a drink on the road. Bring your favorite easy-to-open **single-serving canned fruit or applesauce**. Check the ingredient list to be sure there is no added sugar.



### Traveling by Plane

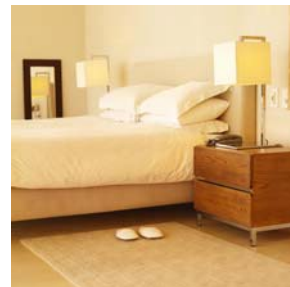
- Airport layovers can be a perfect time for a meal and some physical activity. Walk around and explore your options before making a choice.
- For ideas on selecting restaurants and food, see “When Dining Out” (on the next page).

## Traveling by Car

- **If you have an ice chest, add ice packs and:**
  - Snacks like fruit, veggie sticks, hummus, low-fat yogurt.
  - Sandwich fixings.
  - Low calorie drinks such as water, unsweetened iced tea, 100% juice, and seltzer.
- **At meal or snack time, take a break from driving, pull into a rest stop and enjoy your food.**
- Look for salads at **grocery store salad bars – or even, gas stations.**
- **For restaurant ideas, see “When Dining Out”** (below).

## At the Hotel

- When you check in at the hotel, decline the key to the **mini bar**. They are typically loaded with unhealthy choices.
- While **room service** tends to be costly, healthy choices are possible. Go for salads with low-fat dressing, grilled meat or seafood with vegetables, or a bowl of cereal with skim or low-fat milk.
- If **continental breakfast** comes with your room, stay away from the donuts and sweet rolls. Choose low-fat yogurt; whole-grain cereals, breads, and muffins; fruit; 100% juice; skim or low-fat milk. Eggs are a great way to get protein, but skip the cheese, hash browns, sausage, and bacon.
- Ask hotel staff to suggest **local restaurants** that offer healthy options, and if their city requires menu labeling.



## When Dining Out

- Ask if the restaurant has **nutrition information** about their food.
- Choose baked, broiled, or grilled foods.
- Try a large salad for your meal with dressing on the side.
- Choose calorie-free drinks like water or seltzer with a slice of lemon. If you do choose soda or other sugared drinks, order a small instead of a large or “super size.”
- Eat more fruits and vegetables.
- Share your meal or order a half-portion.
  - If you have a refrigerator in your hotel, ask to have half your meal boxed up before you begin eating, so you won’t be tempted to eat more.
  - Stop eating when you begin to feel full.
  - Enjoy the setting and visiting with your friends and family.



## On Vacation

- **Breakfast is a chance to eat healthy and save money.**
  - See the continental breakfast and breakfast tips on page 1.
  - If your hotel does not offer continental breakfast, consider eating breakfast in your room.
  - When you arrive at your hotel, ask where to find a grocery store to stock up on basics like skim or low-fat milk, seltzer, fruits, and veggies.
- **Only eat when you are hungry, but don’t skip meals.**
- **Indulge – in moderation.** This is your vacation – don’t deprive yourself. Save your treats for foods you really love. For example, if you have ice cream, consider a child’s portion.

