



Nutrition Tips for Travelers



Whether you're hitting the road, catching a flight, or planning a summer getaway, traveling can make it harder to stick to healthy eating habits. But with a little planning and a few simple swaps, you can feel your best wherever your journey takes you.

1. Pack Healthy Snacks

Airport food courts and gas stations don't always offer the most nutritious options. Bring easy-to-carry snacks like:

- Mixed nuts or trail mix
- Fruit (apples, bananas, dried fruit without added sugar)
- Whole grain crackers or granola bars
- Nut butter packets or roasted chickpeas

2. Stay Hydrated

Traveling, especially flying, can be dehydrating. Keep a refillable water bottle with you and sip throughout the day. Skip sugary drinks and sodas when possible – water is your best travel companion!

3. Balance Your Meals

When dining out, aim for balance:

- Choose grilled over fried
- Add a side salad or steamed veggies when you can
- Go easy on heavy sauces and salty add-ons
- Split entrees or save half for later

4. Don't Skip Meals

Skipping meals while traveling can lead to overeating later. Try to stick to a consistent eating routine, even if it's lighter meals or snacks throughout the day.

5. Prioritize Sleep & Movement

Nutrition isn't just about what's on your plate. Traveling can disrupt sleep and routine, which affects digestion, cravings, and energy. Try to:

- Get enough rest
- Fit in a walk or stretch break
- Stick to your usual mealtimes when possible

6. Be Flexible and Enjoy the Experience

A big part of travel is enjoying new foods and experiences. Allow yourself to try new dishes without guilt. Eating well doesn't mean being strict—it means choosing what makes you feel good physically and mentally.