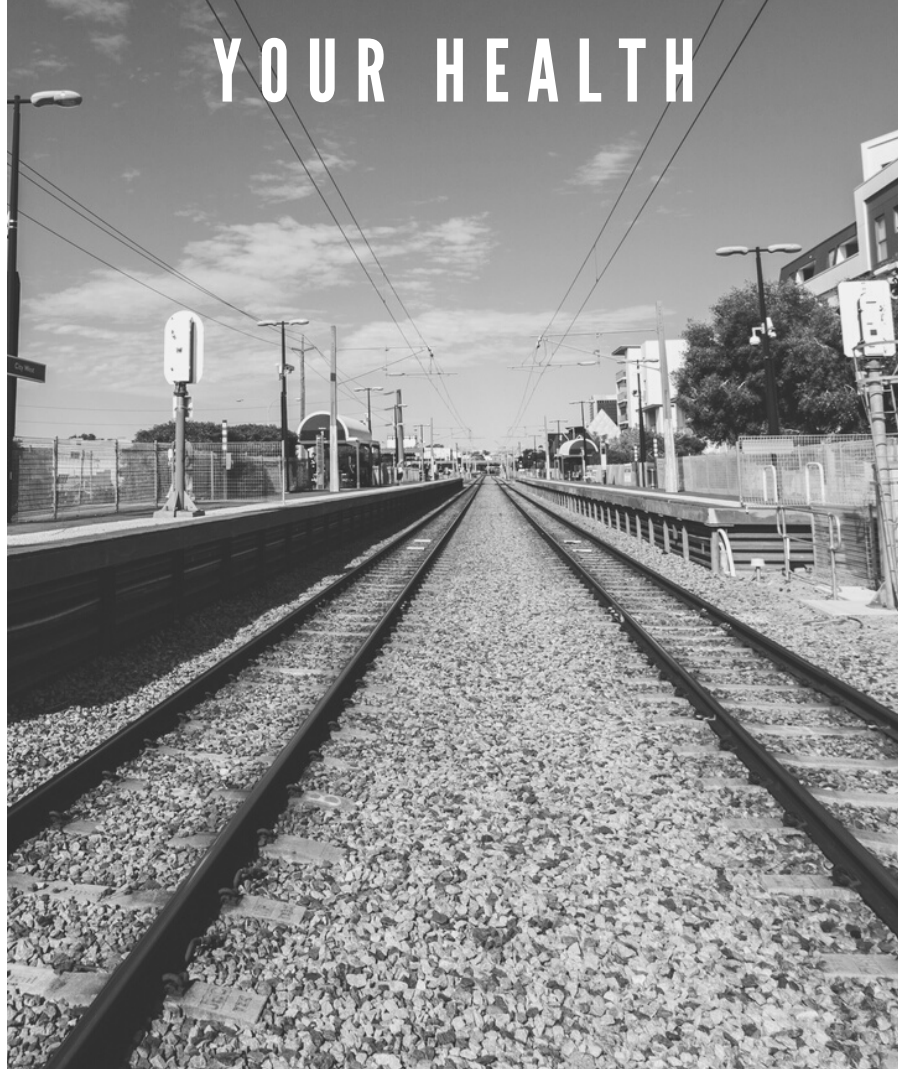


TRAVEL WELL

ENJOY YOUR VACATION
WITHOUT DERAILING
YOUR HEALTH

BALANCED EATING ON ANY TRIP!

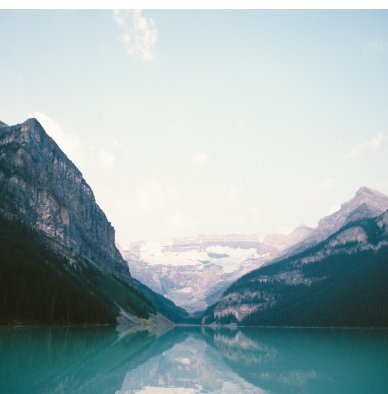
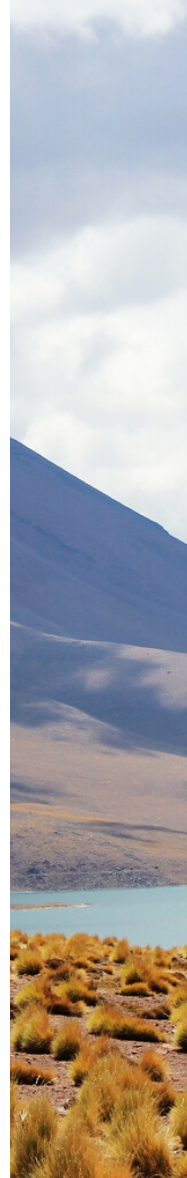
NAVIGATING FAST FOOD MENUS!



CREATED BY EMILY M. TIBERIO, CNT
WWW.FITTOGETHERWELLNESS.COM

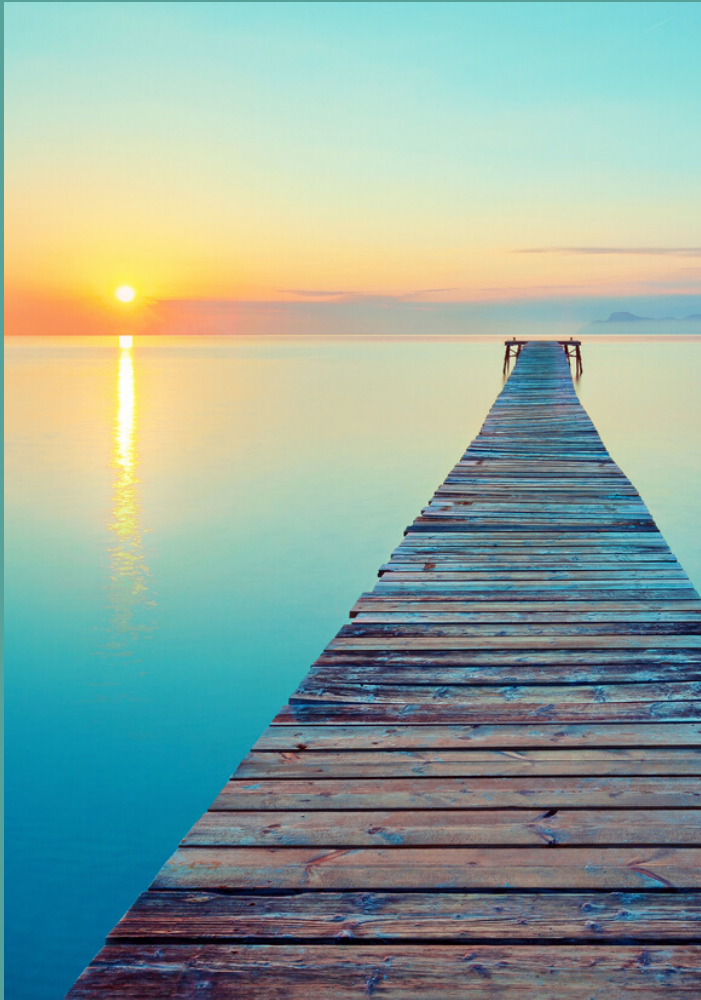
HEALTH TIPS

- 01 Plan ahead!** Explore the local scene for healthy dining options before you hit the road, sky, rails or sea.
- 02 Pack healthy snacks!** Instead of searching for snacks on the road, pack healthy snacks - fresh fruit, nuts, seeds, trail mix, popcorn, granola bars, etc.
- 03 Know the route!** Whether you travel by car, RV, plane, boat or moped - know your route and the timing of meals, snacks or rest stops.
- 04 Extend Your Rest Stops!** Take an extra 5-10 minutes to go for a quick walk at a rest stop. This increases blood flow, releases endorphins and stimulates your mind so you are less likely to feel like snacking for the next leg of the journey.



- 05 Plan (at least) 1 day ahead!** Take a few minutes at the end of each day to explore options and ideas for the next day for food, activities, and (of course) rest and relaxation!
- 06 Make the treats count!** While desserts and sugary mixed beach drinks may both be part of vacation magic - try to plan for just the best treats and ENJOY them instead of over-indulging on mediocre fare.
- 07 NO SHAME!** Don't punish yourself for enjoying a treat or taking a few days off from your gym routine. There should be NO SHAME associated with beautiful food and relaxing days.

**"NOT ALL THOSE WHO WANDER ARE LOST."
- J.R.R. TOLKIEN**



NAVIGATING FAST FOOD MENUS

Today, the majority of fast-food, and chain restaurants have multiple options for health-conscious consumers.

Here are a couple of key tips to navigating fast food menus:

- Look for grilled or baked options for meat instead of fried
- Order off of the side menu to control portion sizes and caloric intake
- Try not to consume more than 1/3 your daily calories in a single meal
- Beware of beverages containing added sugar, or unnecessary calories - order water and fill your stomach with more nutritious food
- Address the dressings! Ask for dressings on the side to control the amount!
- Add a side of seasonal vegetables or a salad in place of french fries

KEEP MOVING

Research studies have shown that people who go for a 15-30 minute walk after dinner are more likely to maintain a healthy body weight than those who choose not to.

Plan an after dinner hike, explore a new area of the town you're visiting, walk along the beach, or rent a bicycle!

There are a number of large franchise gyms that offer a mobile membership option for clients on vacation. If you belong to a large gym like Gold's Gym, Planet Fitness or a YMCA, check with the staff and see if you can have the option to visit other gym while you are traveling.

Don't forget that most hotels and resorts have small gyms or exercise rooms! Many resorts have organized exercise classes, hikes, yoga and other activities for guests to enjoy!



Hash brown	160 calories
Breakfast Soft Taco - Egg & Cheese	170 calories
Mini Skillet Bowl	180 calories
Breakfast Soft Taco - Sausage	230 calories
Breakfast Soft Taco - Bacon	240 calories
Cheese Roll-Up	180 calories
Shredded Chicken Mini Quesadilla	180 calories
Spicy Tostada	210 calories
Beefy Mini Quesadilla	210 calories
Spicy Potato Soft Taco	230 calories
Black Beans	80 calories
Premium Latin Rice	100 calories
Chips and Pico de Gallo	170 calories
Chips and Salsa	180 calories
Black Beans and Rice	180 calories
Pintos n' Cheese	190 calories
Chips and Guacamole	230 calories
Cheesy Fiesta Potatoes	230 calories
Soft Taco - Chicken/Beef	160/190 calories
Grilled Steak Soft Taco	200 calories
Crunchy Taco	170 calories
<i>Anything from the FRESCO MENU</i>	



Large Rich & Meaty Chili	250 calories
Garden Side Salad	210 calories
Caesar Side Salad	250 calories
Sour Cream/Chive Baked Potato	310 calories
Apple Slices	35 calories
Steel Cut Oatmeal	330 calories
Sausage & Egg Burrito	280 calories
Seasoned Home-Style Potatoes	150 calories
Oatmeal Bar	290 calories
Small Orange Juice	130 calories
Honest Tropical Green Tea	60 calories
Grilled Chicken Wrap	270 calories
Power Mediterranean Chicken Salad (Half Size)	240 calories
BBQ Ranch Chicken Salad (Half Size)	310 calories
Apple Pecan Chicken Salad (Half Size)	340 calories
Small Rich & Meaty Chili	170 calories

FAST FOOD OPTIONS

Look for FRESH food chains such as Chipotle, Panera Bread, Blaze Pizza, Chick-Fil-A, Subway, or even Starbucks, where there are fresh options for wraps, sandwiches, salads, and sides. Ingredients and preparation are the two most important details to help determine the nutritional value of restaurant foods.



THEME PARK TIPS

- PLAN LARGEST MEALS OUTSIDE OF THE THEME PARK
- CHOOSE YOUR TREATS WISELY, LIMIT QUANTITY OR SHARE WITH A FAMILY MEMBER
- SAY "NO" TO DEEP-FRIED TWINKIES
- PACK SNACKS & WATER IN A COOLER IF ALLOWED
- STAY HYDRATED THROUGHOUT THE DAY TO AVOID MORE CRAVINGS FOR SALTY, FRIED FOODS (WHICH CAN BE CONFUSED WITH THIRST)
- BE AWARE OF PORTION SIZES - SHARE WHEN YOU CAN

CAMPING TIPS

- 01 Plan, plan, plan!** What meals can you cook or bake ahead of time to bring? Protein muffins, pancakes, freezer egg sandwiches, cut and washed vegetables and fruits, etc. all will help make the trip more nutritious!
- 02 Snack smart!** Pack snacks high in protein and healthy carbohydrates to provide energy for hikes and exploring. Protein shakes, trail mix with dried fruit, mini Cliff Bars, Kind bars, etc. are all simple snacks packed with power.
- 03 Know the area!** Where can you stop on the way into camp, or go close by to restock on ice, and perishable items? Scout out the area ahead of time or check trail organization websites for tips and information about each area.





GAS STATIONS & REST STOPS

Gas stations and rest stops can be loaded with unhealthy, convenient options when you're hungry on the road.

Look for these simple items to keep your gut in check and your calories in control while traveling to your next big adventure:

- Snack trays with pretzels, cheese, and grapes
- Fruit cups, or grab-n-go parfaits
- Hummus and pretzel cups
- Cheese stick with nuts or a nut bar
- Sweet potato chips
- Green teas, or electrolyte beverages without added sugars (watch out for "diet" products loaded with additives and artificial sweeteners)
- Crackers with peanut butter and a banana

KEEP IT CLEAN

Continue to pay attention to artificial colors and flavors, artificial sweeteners, processed soy products and other additives in your food on the road that may add to intestinal discomfort, bloating, brain fog, body aches, and MORE reactions or symptoms that could take some of the joy away from your vacation.

Keep your Eat Right for Life tips in mind!

- Make half of your plate vegetables!
- Keep things simple
- Plan on being imperfect
- Beware of Food Shame
- Beware of BIG portions
- Make treats count
- Be consistent