



How to Eat Healthy on Vacation

On the road:

When you're on the road for a long time, sometimes it's hard to make healthy decisions. Fast food is always an easy option that is usually pretty easy to find and relatively cheap—but tends to be high in calories, fat, and processed ingredients.

When you're on the road, a good idea is just to look at healthier places to buy your food.

Subway is a good option to stop at because they tend to have better ingredients and you can choose what to add to your sandwich.

Panera Bread is another good option for sandwiches or soup.

You can even stop at a grocery store to grab an apple or a bag of carrots if you're really hungry and don't have many options.

If you have to stop at a fast food place, there is still room to make better decisions to eating healthy. A good decision is to simply order less of a food—maybe try a kids size meal or a smaller French fry size than you normally eat. Otherwise you can look for good alternatives—see if they have fruit available or try having a salad as a meal or side. Be careful though—sometimes salads aren't as healthy as you think because the dressings can be really high in calories. Be careful when adding it to the salad (less is more!)

The best way to avoid hunger when you're on the road is to pack snacks! This is the best way to choose what you're eating and prevent you from craving those unhealthy foods as you're driving. Some great snacks to pack and take on the road are:

-grapes -pretzels -apples -carrots -nuts -popcorn

On vacation:

The main thing to remember while on vacation is just to be mindful of what you may be eating. It may be vacation and you should be relaxing, but it's still an important to still take care of your body!

Don't eat just to eat, make sure you're hungry! Sometimes we get caught up in cravings while we're on vacation instead of paying attention to our actual hunger. When you notice yourself getting hungry, take a second to think of healthy options that you could have. Whether that's buying food beforehand at a local grocery store or finding alternatives at a restaurant, there are many different ways to fill yourself up on



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food that tastes good and won't make you feel bad on your trip.

You're allowed to have some treats when on vacation; just make sure it's in moderation!

