



# Traveling Lite



## In the Car:

- Keep a cooler stocked with fresh fruits, cut up vegetables, low fat cheese, low fat yogurts, and lean meats for sandwiches.
- Pack wheat crackers, whole wheat bread, nuts, individual cereal packages such as oatmeal, peanut butter, and individual baked chip bags.
- Diet sodas, Crystal Light Packets, and a lot of water will keep you hydrated throughout your trip.



## In the Hotel:

- Eat healthy and save money by stopping at a local grocery store to stock up on sandwich items, fresh fruits and vegetables.
- At the continental breakfast choose hard boiled eggs, low fat yogurts, wheat toast, multigrain cereals with low fat milk, fresh fruits, or a bran muffin.
- Take your packed cooler in the hotel with you to avoid the temptation of the vending machine late at night.



## At the Fast Food Restaurant:

- Choose places that offer you a healthier option such as Subway or Quiznos. Choose whole wheat bread and low fat mayo for your sandwich.
- Avoid super sizing your meal for a few cents more. You don't want to overeat and get back into a car for three hours.
- Visit restaurants that offer a variety of sides such as Chickfil-a or Wendy's. Fruit cups and side salads are a great alternative to French fries. Choose grilled chicken and get the dressing on the side when ordering a salad.

