

# SUMMER EATING



## Healthy Road Trip Tips

One of the joys of summer is heading out onto the open road whether it's a cross-country vacation or a simple day trip to the lake. When on the road, it can be easier for healthy habits to slide. It's hard to find nutritious options amongst rest stops and fast-food restaurants, and long periods in a car can sap energy and increase the temptation to snack on cookies, chips, and soda. There are steps you can take to make your summer trip a healthy one!

### TIP 1

#### Plan Your Meals and Snacks

Understand how many meals you'll need to cover while you're on the road and stock up on healthy snacks for the trip. Cover your food group basis with protein, fruits, vegetables, healthy fats, and complex carbs. Knowing that you have options will lessen the stress of trying to find a balanced meal or snack enroute. If you're taking a longer trip and can't pack all of your food, research rest stops, restaurants, and grocery stores along the way to find healthier options you can take advantage of.

### TIP 2

#### Stop for Local Produce

Depending on where you're going, you may be able to take advantage of roadside stands offering seasonal fruits and vegetables – or even pick your own at some farms. Nothing beats the taste of fresh local produce, and this is a great way to restock your cooler with healthy snacks.



### TIP 3

#### Limit Caffeine

Long stretches of driving or sitting in the car can lead to fatigue, which often has you reaching for caffeine to keep you going. Your coffee may help you stay alert, but take care not to overdo it. Too much caffeine can leave you feeling jittery and stressed out. Choose caffeine-free beverages – especially water. Hydration is important and mild dehydration can be mistaken for hunger and make you feel sluggish.

### TIP 4

#### Maximize Those Pit Stops

Long stretches in the car mean a lot of time spent sitting and inactive. Don't rest at the rest stop. Instead, stretch your legs and move around. If possible, plan stops at parks or hiking trails and work longer breaks into your trip to enjoy the outdoors. Fitting in some exercise will help you feel more energized and alert when you climb back into the car.



Sources Images from Freepik.com