

Eating Healthy While Traveling

Traveling can be an amazing experience - but we don't want to sabotage our health goals! Here are some great tips to use next time you travel.

HYDRATE

Here are some tips to eat healthily the next time you travel. HYDRATE... if your travel involves flying overnight or overseas, being well hydrated is known to alleviate or reduce jetlag. Therefore, be sure to hydrate a couple of days before your flight. I also suggest that you bring a refillable bottle which you can refill once you are beyond airport security. If you don't like water bring along flavorings to spruce up your water.

SNACKS

My favorite travel snacks are completely simple to pack and depending on what you are in the mood for (salty or sweet) they will satisfy your taste buds.

- Fruit (apples, oranges, grapes, cherries, pears)
- Vegetables (carrots, celery, red/yellow peppers, cucumbers)
- Hummus (make ahead and store in a container)
- Peanut butter
- Nuts and dried fruit
- Yogurt
- Popcorn (unsalted, plain)
- Dark Chocolate
- String cheese
- Sliced Meats/Jerky
- Hardboiled egg
- Packaged olives
- Dates
- Granola Bar (watch the sugar!)

SHARE AN ENTRÉE

My husband and I do this often because most restaurants' entrees are enough for two people. A great way to save some money is to order appetizers instead of an entrée. These dishes are usually smaller portions, a little less expensive and you can have a variety to share. If you are traveling alone don't be afraid to ask for children's portion.

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