

# Total Nutrition

## On The Road Again—Eating Right On Vacation And On The Go

(NAPSA)—Knowing that I would be writing this column, I paid close attention to my own diet during a recent road trip to Quebec. What a surprise that my worst meal was breakfast! It would have been so easy to replicate my home breakfast of Whole Grain Total® with milk and fruit if I had only brought a box of cereal with me.



Mindy Hermann

“Planning ahead is the key to eating right on vacation and on the go,” says Evelyn Tribole, R.D., a nutrition counselor and author of *Eating on the Run*. Here are a few of

her favorite strategies:

Purchase a small electric cooler that plugs into your car’s cigarette lighter. It is perfect for storing snacks like fresh fruit and reduced fat mozzarella sticks, as well as medications. Tribole notes that “a cooler expands your options because you can use it to store left-over containers from restaurants.” Empty out the cooler each evening unless foods can be refrigerated overnight.

Bring fruits and vegetables to nibble for snacks. The selection at convenience markets usually is limited and expensive, so it’s best to stock up from home. Easy-to-eat choices include grapes, apple wedges, baby carrots, and pea pods. Avoid anything that is messy to eat.

Order wisely at fast food outlets. “Most chains have at least one healthier option, like a salad or a grilled chicken sandwich, but

### Top 5 Snacks For Travel

PBJ on whole wheat

*Supplies protein and carbs; is satisfying and filling*

Energy bars

*Quick nutrition; virtually indestructible*

Reduced fat milk boxes

*For cereal and snacks; no need to refrigerate if closed*

Bottled water

*Calorie-free; important for hydration*

Whole grain cereal, crackers

*Nutrient-rich; many brands supply fiber* 

you have to look for it,” advises Tribole. “The worst thing you can do is order an unhealthy meal because you are too tired to think about better options.”

Make up for foods that typically are missing from restaurant menus. Many restaurants have few, if any, lower fat dairy foods, so stock your car with calcium-rich snacks like reduced fat milk boxes and fat-free yogurt. If foods made with whole grain like cereals and breads are hard to find on menus, bring a selection of Whole Grain Total® Cereal, or other foods made from whole grain like breads and crackers in the car, and try to include at least three daily servings.

Finally, Tribole says to be sensible. “Don’t go longer than five hours without eating. When you’re overly hungry, you’re less likely to make smart food choices. Bring bottles of water to drink. Dehydration can make people cranky, and nothing is worse than a car full of cranky travelers!”

