



Stay Healthy on the Road

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Tips for Traveling and staying on track

- Be prepared
- Where will you be traveling?
 - Local? US? Europe?
- How will you be traveling?
 - Trains? Planes? Automobiles? Feet?
- Hotel? House/Apartment? Kitchen?

Plane travel

- Pack food for the plane ride and waiting in airports
- Fruits/veggies
- Hummus
- Peanut Butter
- Sandwiches
- Snack foods ie. cereal mix, muffins
- If you have to eat at airport: most have salads, veggies burgers, fruit, etc.



Road Trip

- Fill cooler or get cheap cooler when you pick up rental car at your destination
- Head to grocery store/Walmart and fill up the cooler
 - Order online and just pick up
- Sturdy fruits and veggies
- Bread and sandwich fixin's
- Healthy snacks, bars, nuts, etc.





Be prepared

- Bring some staples
- Non-perishable or items that will be okay for a day or two
- Nuts, seeds, dried fruits
- Fresh fruits
- Carrots/celery
- Hummus, crackers/veggies
- Pre-made sandwiches for short day trip
- Baggie of oats or cold cereal
- Individual non-perishable non-dairy milk (soy, almond)
- PB2 or single serving nut butters

Get some staples when you get there

- Oats or cereal
- Peanut butter
- Bread/rolls/crackers
- Honey/jam
- Sturdy fruit
- Veggies that will be okay a few days without refrigeration
- Make lunches from the breakfast left-overs
- Google when the Farmers' Markets occur





Hotel stays

- Book in areas near the foods you like (ie. plant-based restaurants, Trader Joe's)
- Ask for a refrigerator
- Do they have a microwave?
- Fill up your cooler from the ice machine
- Walk the neighborhood to find spots for foods, Farmers' Markets
- Bring leftovers back to the hotel

Camping Trips

- What will the facilities have?
 - Charcoal or wood fire pit?
 - Bring camping stove
 - Electricity?
- Fill up big cooler
- Prep meals in advance and freeze
 - Chili, soups
- Freeze large leftover containers with water in place of ice
- Bring sturdy fruits, veggies, nuts/seeds, etc
- Oatmeal is always easy for breakfast



Cruising

- Check out menus before you cruise
- When you board, look into eating options
- Buffet has lots of options – but easy to overeat
- Main dining room has smaller portions (as long as you don't order everything!)
- Beware of all the snack foods around the ship
- Bring your own snacks
- Take advantage of all the activity options
 - Walking the deck
 - Take the stairs
 - Dancing!



Shopping

- Pick up fruits and veggies
- Salad fixings
 - Boxed lettuce mix
 - Baby carrots
 - Salsa, lime, lemon
 - Cherry tomatoes
 - Canned beans
- Canned soups



Eating Out?

- Shop the whole menu – including the sides
- Try ethnic restaurants
- Look menus up ahead on smart phone or web
 - Yelp
 - Urban Spoon
 - Happy Cow
- Have your 'go-to' meal that you know you can get at every restaurant:
 - Think 'MyPlate'
 - Salad/veggies/beans/lean protein
 - Always ask for what you want



Plan an active vacation

- Walk/Hike
- Bike/e-bike
- Kayak, canoe, row boat
- Walking tours
- Food tours
- Walk the outdoor markets
- Get up early and wander the town without the crowds





Traveling Coast to Coast or Walkabouts

- Google 'coast to coast'
- Most countries have some sort of cross country hiking companies
 - England
 - Ireland
 - Spain – Camino del Santiago
 - Australia
- In California – Tom McCourtney – Northern California Walkabouts (and Southern California also)
- 17 mile San Francisco Crosstown Trail
- Great way to see the world 😊



Some snacks for your trip

- Sushi Sandwich
- Onigirazu
- Jingalov Hats
- Thai Spring Rolls
- Cereal mix
- Oatmeal bites



Layered Fruit Salad

- ▶ • 1½ cups strawberries quartered
- ▶ • 1½ cups clementine sections halved
- ▶ • 1½ cups pineapple chopped
- ▶ • 1½ cups green grapes halved
- ▶ • 1 cup mint leaves chopped
- ▶ • 1½ cups blueberries
- ▶ • 1½ cups blackberries
- ▶ • 1½ cups purple grapes halved
- ▶ Maple Lime Dressing – put in bottom of container, place fruit on top
- ▶ • ⅓ cup orange juice
- ▶ • 1 large lime zested and juiced
- ▶ • 1 tsp maple syrup optional
- ▶ • pinch of salt



Oatmeal Cookie Dough Bites, Dr. Greger

- 1 cup rolled oats
- 1/2 cup cashews
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 cup (packed full) pitted dates
- 1/4 cup raisins (optional)
- 1-5 teaspoons of water, as needed





INSTRUCTIONS

- ▶ In a food processor, add the oats, cashews (or hemp seeds), and cinnamon. Process until oats and cashews are a coarse flour.
- ▶ Add the dates to the food processor. Process the ingredients together.
- ▶ Add the vanilla and pulse together. If the dough is not sticking together, add 1-5 teaspoons of water (start with 1 and add more as needed). Continue to process until the dough starts to form a ball or at least sticks together when pinched.
- ▶ Spread the dough out and sprinkle the raisins on top. Fold the dough together until the raisins are well incorporated into the mixture.
- ▶ Roll the dough into 12-15 small balls. Place the bites into a large glass container. Enjoy as is, or transfer to the fridge or the freezer to allow it to set.
- ▶ **NOTES**
- ▶ Variations: Omit the raisins for a cinnamon oatmeal bite. Swap the 1/2 cup dates with 1/2 cup raisins. Use 1/2 cup hemp seeds in place of the 1/2 cup of cashews.

**"HAPPY
TRAILS"**

