

# Is your family taking a road trip this summer?

Here are some helpful tips to stay healthy on your vacation!



**Dining out can be a fun and enjoyable experience for families, but it can also be a challenge when trying to maintain a healthy diet. Here are some tips for making healthy choices when eating out:**

1. Research the menu beforehand: Many restaurants offer their menus online. Take a look at the menu before going to the restaurant to find healthy options that everyone in the family will enjoy.
2. Choose grilled or baked over fried: Fried foods are often high in calories and unhealthy fats. Opt for menu items that are grilled or baked instead.
3. Choose lean protein: Look for menu items that feature lean protein, such as chicken, fish, or turkey. These options are generally lower in calories and fat than beef or pork.
4. Choose whole grains: When possible, choose whole-grain options, such as brown rice or whole wheat bread. These options offer more fiber and nutrients than their refined counterparts.
5. Watch portion sizes: Restaurant portions are often much larger than necessary. Consider splitting an entree with another family member or asking for a to-go box to take home leftovers.
6. Skip the extras: Many menu items come with extras, such as fries or bread. Consider skipping these extras or sharing them with other family members.
7. Choose water or unsweetened drinks: Sugary drinks are high in calories and can contribute to weight gain. Choose water or unsweetened drinks instead.
8. Be mindful of sauces and dressings: Many sauces and dressings are high in calories and unhealthy fats. Consider asking for them on the side so that you can control how much you use.

By following these tips, families can make healthy choices when dining out and enjoy a fun and nutritious meal together.

**Here are some healthy snacks that are perfect for road trips:**

1. Fresh fruit: Apples, bananas, berries, grapes, and oranges are easy to pack and provide natural sweetness and fiber.
2. Nuts and seeds: Almonds, walnuts, cashews, pumpkin seeds, and sunflower seeds are high in protein, healthy fats, and fiber.
3. Trail mix: Make your own trail mix with nuts, seeds, dried fruit, and whole grain cereal for a healthy and satisfying snack.
4. Veggie sticks: Carrots, celery, cucumbers, and bell peppers are crunchy and refreshing, and provide vitamins and fiber.
5. Hummus and whole grain crackers: Hummus is a great source of protein and healthy fat, and whole grain crackers provide fiber.
6. Yogurt: Greek yogurt is high in protein and can be paired with fruit or granola for a satisfying snack.
7. Homemade energy bars: Make your own energy bars with nuts, seeds, dried fruit, and whole grain oats for a healthy and filling snack.
8. Popcorn: Air-popped popcorn is low in calories and high in fiber, and can be seasoned with herbs and spices for flavor.

By packing these healthy snacks, you can avoid unhealthy options at gas stations and rest stops and stay on track with your healthy eating habits while on a road trip.

## **Choosing healthy options on vacations is important for several reasons:**

1. **Maintaining your health:** Eating healthy can help you maintain your health and avoid health problems. By choosing healthy options on vacation, you can prevent weight gain, high blood pressure, and other health issues that can result from a poor diet.
2. **Feeling better:** Eating healthy can help you feel better physically and mentally. You'll have more energy, better digestion, and improved mood.
3. **Enjoying your vacation more:** When you eat healthy, you'll have more energy and feel better overall, which can help you enjoy your vacation more. You'll be able to participate in more activities and have more fun.
4. **Setting a good example:** Choosing healthy options on vacation can set a good example for your family and friends. It shows that you value your health and that you prioritize healthy habits.
5. **Trying new foods:** Choosing healthy options doesn't mean you have to miss out on trying new foods. Many cuisines offer healthy options that are delicious and unique. By trying new healthy foods, you can expand your palate and discover new favorites.



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