



GO-TO CHOICES ON THE GO.

Snack smarter at highway stops or the airport.



Vacation or weekend getaway? Good for you! But getting there and coming back, don't let boredom and hunger drive your decision-making.

Travel lighter.

When you're looking for snacks at an airport newsstand or roadside convenience store, consider:



Fresh fruit.

Apples, bananas or grapes all have healthful nutrients. Find a fresh piece of fruit or a fresh fruit cup.



Pre-cut veggies.

Turn to carrot or celery sticks with hummus for vitamins, minerals and fiber.



Salad.

Airport vendors will often have a cooler section with pre-made salads. Consider keeping dressing on the side.



Cheese.

Cheese provides protein and calcium. Look for reduced-fat options.



Nuts.

Plain or lightly salted nuts, like almonds or pistachios, provide protein and fiber.



Trail mix.

Be choosy here: Look for low-salt nuts, seeds and a few dried fruits. Skip trail mix with candy and/or chocolate mixed in.



Popcorn.

Unsalted or lightly salted popcorn can be a good source of fiber.



Water.

Rely on water or unsweetened iced tea for hydration. Pro tip: Bring a refillable water bottle from home.

Put these in the rearview mirror.

Even though you may be on vacation, nutrition still matters for your health. So try to **avoid sweets, sugary drinks and salty snacks.**

"Healthy swaps" add up.

Small healthy swap-outs (like raw almonds instead of potato chips) make a big difference over time. Another swap-out if you're traveling by car? Drive a little farther when you stop for gas, and seek out a local grocery store. You'll find healthier choices there, including fruits and veggies.