

Health-Full Eating & Nutrition



Best Foods for Travel

On The Go

We are constantly on the go. Whether you are traveling for one day or seven, for work or recreation, by car or by plane, you still need to eat. Eating out can be expensive, costing you more dollars – and calories – than in your budget. You can't always rely on refrigeration to keep food fresh while traveling, or a microwave to heat your food. We compiled some easy to pack solutions for healthy eating on the go.

What to Pack

- **Whole fruits** – choose hearty fruits in their skin (oranges, bananas, apple, grapes). Or, choose dehydrated fruit. Fruits are rich in fiber and vitamins.
- **Nuts and seeds** – a hearty travel companion (cashews, almonds, pumpkin seeds), nuts and seeds are a great source of healthy fats and protein.

Reference:

[Fruits | MyPlate](#)

[Quick-start guide to nuts and seeds - Harvard Health](#)

[Best Protein Bars Of 2022, According To Experts – Forbes Health](#)

- **Veggies** - many veggies also travel well (baby carrots, snow peas, celery, cucumber slices). Pack a healthy dip such as hummus, peanut butter, or guacamole to add protein and flavor.
- **Rice cakes** – a hearty alternative to bread, you can even spread some nut butter or hummus.
- **Protein bars** – there are a wide variety on the market, so it is important to research the best options for your personal needs. Some things to consider are the type of protein (plant based or whey), the amount of sugar, and the taste.
- **Protein shakes** – like protein bars, there are a wide variety on the market. Again, watch the protein source and added sugar. Simply put a scoop of powder in a shaker, add water, and shake and you have a filling meal or snack. Some protein shakes even come premixed, which is even easier!

With a little advanced preparation, you can be certain to have nutritious options while on the go!

