



Healthy Eating While Traveling



A Guide Developed by
HealthyToWork.org



Healthy eating can be challenging when you're on the road, but certainly not impossible! Rushing between flights and meetings can prompt you to make hasty, unhealthy food decisions. While it may seem that food options are limited, healthy food is all around and this guide will help you pick them while you're traveling.



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Breakfast

The most important meal of the day is your first meal. Have a healthy breakfast that will provide fuel for you to start the day and stave off hunger.



Continental Breakfast Bar

Healthy Options:

- *Fruit platter:* Almost all continental breakfast bars offer fruit. You can eat as much fruit as you want; fruit is full of nutrients and fiber.



- *Low-fat yogurt:* Yogurt has protein and healthy sugars. Try adding some fruit and a little granola.



- *Oatmeal:* Oatmeal will sustain you with complex carbohydrates and fiber. Make it with skim milk or water; add nuts, berries, or honey.



- *Hard boiled eggs:* If they're offered, hard boiled eggs are a great source of protein. Leave the fat & cholesterol out by skipping the yoke.



- *Whole grain/wheat cereals and toast:* Sugary sweet cereals will do little for you. Have a bowl of whole grain, low sugar cereal, like Cheerios, All Bran, or Shredded Wheat.



- *Coffee and Tea:* If taken plain, coffee and tea have nearly no calories. Add skim milk and low calorie sweetener.



Breakfast

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Continental Breakfast Bar

Unhealthy Options:



- *Bagels:* The portion size of a bagel is very important. Regular sized bagels are full of carbohydrates, but few nutrients. When choosing a bagel, pick a mini bagel or HALF the normal size. In addition, the average gourmet bagel can carry 400 calories.



- *Sweet pastries:* Danishes and bear claws may taste good, but they're far from good for you. They're often high in fat and calories, which can leave you with a sugar crash, feeling hungry again soon afterwards.



- *Croissants:* While they may be enticing with their flakey crusts and buttery taste, croissants are loaded with sugar and fat.



- *Muffins:* Even though bananas and nuts are healthy, banana nut muffins are not. Muffins are full of fat and sugar; consider them mini-cakes.



- *Juices:* Unless they're 100% fruit juice, orange drink, and other fruit-flavored juices, usually contain high amounts of sugar. Don't be fooled!

Breakfast

Eating in a Restaurant

Healthy:

- *Order omelets;* they are high in protein, which will give you long lasting energy for the day. If possible, order an egg white omelet to reduce the amount of fat. Fill them with tons of vegetables. Hold back on the cheese and if you want to add meat, try turkey.



- *Side dishes:* Breakfast platters usually come with home fries and toast. Skip the home fries and ask for some fruit on the side. Choose wheat toast instead of white bread toast.
- *Oatmeal:* Oatmeal is always a great breakfast choice; it's full of fiber and complex carbohydrates, which will keep your blood sugar consistent. When made with milk, you get the added bonus of calcium. Add fruit, nuts, and a little brown sugar for a delicious and nutritious breakfast!

- *Breakfast sandwiches:* Stick with wheat toast , eggs, and a little cheese. Skip the unhealthy breakfast meats, such as sausage.
- *If you must have a muffin,* pick a bran muffin, which is a good source of fiber.
- *Beverages:* Coffee and tea are low in calories. Add skim milk and low calorie sweetener. Keep in mind, water is always the best beverage to hydrate you!

Unhealthy:

- *Pancakes, waffles, or french toast:* Filled with refined sugar and fat, these food items provide little nutritional value. The sugar will be in and out of your bloodstream before you can blink, leaving you sleepy and quickly hungry again.
- *Bacon, sausage, or any other fried meat.* If available, turkey bacon or Canadian bacon are suitable alternatives.
- *Fruit Juices:* Just because it has the word "orange" in it doesn't mean it's good for you. Fruit juices can contain high amounts of sugar, unless it's 100% fruit juice.
- *Muffins:* It doesn't matter if it's blueberry, muffins are high in fat and sugar. They may taste good but will leave you feeling hungry soon after.

Breakfast

Eating at a fast food restaurant may seem like an inauspicious start to the day, but this guide will help you choose the best of the worst breakfast options.

Eating at a Fast Food Restaurant:

Learn how to choose the least unhealthy food

Simple tips:

- Most breakfast options at fast food restaurants are high in calories, fat, and salt; breakfast burritos may be lower in calories, fat, and salt.
- Fruit and yogurt parfaits can give you calcium without too much saturated fat.
- Choose low-fat milk and 100% fruit juice instead of sodas and orange flavored drinks.
- Don't order breakfast meals; avoid hash browns and just order the sandwich.

Breakfast	Calories	Fat	Sat Fat	Carbs	Protein	Sodium
Healthy Meal Target:	400 cal	10 g	low	50 g	25 g	low
WHAT YOU TYPICALLY EAT						
McDonalds: McSkillet Burrito with Sausage, 2 Hash Browns, Large Non Fat Vanilla Latte	1170	44	17	129	39	2145
Dunkin Donuts: Everything Bagel with Cream Cheese, Large Mocha Coffee with Cream	840	31.5	13.5	125	20	970
MEALS TO AVOID						
McDonalds: Big Breakfast with Hot-cakes (large sized biscuit) with hot-cake syrup, whipped margarine, Large Orange Juice	1620	64.5	21.5	218	40	2345
Dunkin Donuts: Coffee Cake Muffin, Large Vanilla Bean Coolata	1520	37	14	279	13	870
RECOMMENDED MEALS						
McDonalds: Egg McMuffin, small non fat Cappuccino	360	12	5	39	24	905
Dunkin Donuts: Egg White & Cheese on a Wheat English Muffin, Medium Freshly Brewed Unsweetened Iced Tea	265	6	3	35	15	870

*Data from www.christineavanti.com. Go to the website to see more nutritional breakdowns.

Lunch

From full service restaurants, fast food restaurants, business meeting lunches and everything in between, we'll help you fill up on healthy food.



menu



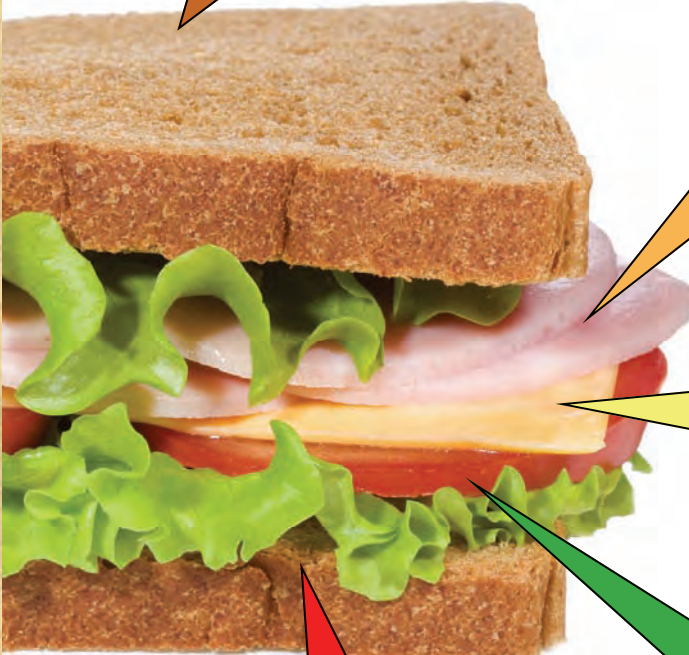
General tips

- Stay away from anything that includes the words: *stuffed, double, triple, slammed, dunked, crispy, or glazed.*
- If it comes in an edible bowl, don't order it.
- Salad dressing can make a salad unhealthy. Get it on the side and choose non-cream based, lite, or fat-free salad dressings. Or just go with olive oil and vinegar.
- Sometimes, a soup and salad may be enough to fill you.

Lunching in a full service restaurant

- If possible, make lunch your biggest meal and have a lighter dinner.
- Skip the appetizer and just order an entrée.
- Instead of an entrée, have a salad and an appetizer.
- For a side dish, skip the french fries and get a side salad or other vegetable.
- Sharing is more than caring: If you're lunching with other people, share food; you'll be less likely to over eat.
- Choose baked or grilled entrees over fried.
- Start by eating half of your meal and take a break; you may not need the whole meal to be full.

Lunch — Sandwich/Wrap Guide



Stick to whole wheat or multigrain breads and tortillas.

Choose lean meats, such as chicken, turkey, or tuna.

Keep the cheese to a minimum and if possible, choose low-fat cheese.

Use condiments sparingly; try light mayonnaise or hummus to add extra protein

Fill the sandwich or wrap with as many vegetables as you want. The more the better!

Lunch

You may find yourself at a fast food restaurant for lunch. Never fear! We'll help you identify food options that keep you on the healthy track.



Quick tips for fast food lunching



If possible, look for a Subway or Quiznos sandwich shop. Follow the sandwich guide on the previous page.



Super-sizing a meal is never a good idea. You will consume excess calories, fat, and sodium.



Many fast food establishments have combo meals on their menu. Skip the combos and just order the sandwich.



Instead of a burger, select a chicken sandwich instead. Opt for grilled over fried chicken sandwiches.

French fries can be very enticing. Just order small fries, instead of regular or large, if you have a craving.

If you can't resist the combo, try replacing the french fries with healthier options, such as a side salad or fruit; choose water or diet drinks over regular soda.



Bad toppings:

- Cheese
- "Special sauce"
- Mayo
- Bacon

Good toppings:

- Pickles, Onions
- Lettuce
- Tomato
- Mustard/ catsup



A baked potato can be a healthy side dish option if you choose low-fat sour cream.



Fish is usually a healthy option, except in fast food restaurants. Fish sandwiches are almost always deep fried.

Lunch

Most fast food restaurants offer salads now. Be wary, some fast food salads can pack as many calories as a burger.

Best fast food salads

Info from: <http://www.fitnessmagazine.com/recipes/healthy-eating/healthy-foods/best-fast-food-salads/>



McDonald's: Premium Bacon Ranch Salad with Grilled Chicken. 345 calories, 16.5g of fat, 5.25g saturated fat. Use only half of the dressing.



Wendy's: Mandarin Chicken Salad with Grilled Chicken Fillet. 390 calories, 18g of fat, 2.25g of saturated fat. Keep the noodles out and use half the dressing.



Burger King: Tendergrill Chicken Garden Salad. 390 calories, 20g of fat, 4.5g saturated fat. The croutons and cheese in this salad are ok to keep. Just choose the lite Italian dressing.



Taco Bell: Chicken Fiesta Taco Salad. 420 calories, 16g of fat, 5g saturated fat. Have this salad without the taco shell and you're good to go.



Quiznos: Black & Bleu Flatbread Salad. 340 calories, 10g of fat, 5g of saturated fat. Skip the flatbread and this is a hearty, healthy salad choice.

Lunch

Menus at fast food restaurants can be overwhelming. With this guide, you can spot the healthy items and order the most nutritious meal possible.



		Calories	Fat	Sat Fat	Carbs	Protein	Sodium
Restaurant	Recommended Meals	400 cals	10 g	low	50 g	25 g	low
Arby's	-Regular Roast Beef Sandwich with Arby's Sauce -Ice Water	335	14	5	38	21	1063
Boston Market	-Roasted Turkey -Fresh Steamed Vegetables -Cinnamon Apples -Ice Water	420	7.5	1	55	33	555
Burger King	-Tendergrill Chicken Sandwich without Mayo -Ice Water	380	9	2	51	25	1130
Chipotle	Barbacoa Burrito Bowl	485	12	3	57	34	1828
Dairy Queen	-Grilled Chicken Sandwich (no mayo) -Side Salad with Fat Free Italian Dressing -Ice Water	320	4.5	0.5	47	26	1160
Del Taco	-2 Chicken Tacos Del Carbon -Strawberry Lemonade	380	10	2	47	24	1080
Del Taco	-1 Big Fat Chicken Taco -Ice Water	320	13	4	38	18	840
Del Taco	-Spicy Chicken Burrito (no cheese) -Ice Water	410	8	4	67	22	840

Lunch

— Fast Food Continued: Restaurants J-P



		Calories	Fat	Sat Fat	Carbs	Protein	Sodium
Restaurant	Recommended Meals	400 cal	10 g	low	50 g	25 g	low
Jack in the Box	-Chicken Fajita Pita -Fruit Cup -Ice Water	396	9	4	56	24	1197
Kentucky Fried Chicken	-Tender Roast Chicken Sandwich w/ Light Sauce -Side - Sweet Kernel Corn -Ice Water	450	8.5	2	51	38	950
McDonald's	-Premium Grilled Chicken Classic Sandwich -Dasani Water	420	10	2	51	32	1190
Panda Express	-Broccoli Chicken -1/2 Serving White Rice -Ice Water	390	9	2	57.5	17	630
Panda Express	-Broccoli Beef -1/2 Serving White Rice -Ice Water	360	6	3	58.5	15	630
Panera	-Cafe Sandwich: Half Smoked Turkey Breast (Sourdough) -Full fresh fruit Cup -Glass of ice water	340	9	1.5	48	11	585
Pizza Hut	-2 Slices of Medium Thin N Crispy Pizza - Ham & Pineapple -Ice water	360	12	6	46	16	1080

Lunch

— Fast Food Continued: Restaurants Q-W



		Calories	Fat	Sat Fat	Carbs	Protein	Sodium
Restaurant	Recommended Meals	400 cal	10 g	low	50 g	25 g	low
Quiznos	-Steakhouse Beef Dip with no cheese or dressing -Au Jus Sauce -Ice Water	435	10	3	64	25	1463
Quiznos	-Oven Roasted Turkey & Cheddar - Deli Favorites without cheese and dressing -Ice Water	420	6	1.5	65	28	1880
Subway	-Six-inch Sandwich Oven Roasted Chicken Breast (w/o cheese) -Apple Slices -Ice Water or other zero-calorie beverage	345	5	1.5	57	24	1020
Taco Bell	-2 Fresco Grilled Steak Soft Tacos -Ice Water	320	9	3	42	18	1200
Taco Bell	-Fresco Ranchero Chicken Soft Taco -Mexican Rice -Ice Water	300	7.5	1.5	43	14	1150
Wendy's	-Ultimate Chicken Grill -Mandarin Orange Cup -Ice Water	400	7	1.5	55	29	965

Dinner

After a long day of hard work, it may be tempting to cave into some comfort food. You can still have a delicious meal while making healthy food choices.



Eating in a Restaurant– Appetizers

Appetizers: You can order off of the appetizer menu to keep your portions in check; order 2 items for a whole meal. Here are some tips:

Salad

- Pick salads with a variety of vegetables, dark-leafy greens, and/or fresh fruits.
- Include lean protein, such as grilled chicken, salmon, or beans in your salad. Lean protein will help you feel full for longer.
- Order salad dressing on the side and choose vinaigrettes or olive oil and vinegar. Avoid cream or mayo based dressings (i.e. Ranch, Blue Cheese, Thousand Island, French).
- Avoid items in salads such as tortilla chips or strips, noodles, wontons, and croutons.

Soup

- Choose soups made with broth or stock, versus those made with cheese, cream, or milk (i.e. New England Clam Chowder, Broccoli Cheese, Bisques).
- As with salads, choose soups with plenty of vegetables

Other items

- Choose items with vegetables, lean meats, or fish.
- Avoid items that are fried, contain a lot of cheese, and dips with chips, pita or bread.





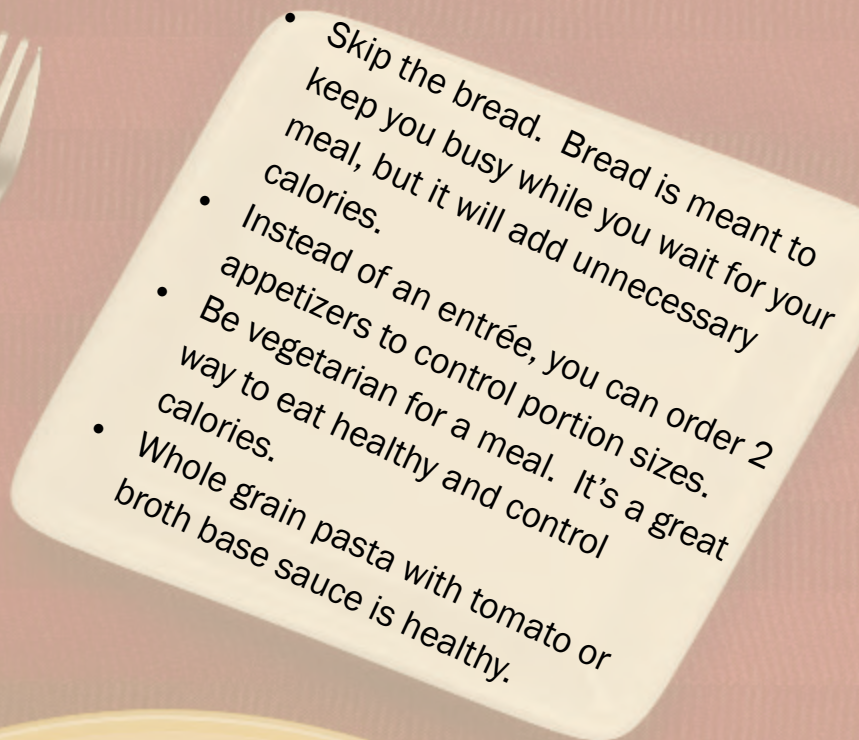
★ CHEF'S ★ SPECIAL!

Side Dishes: Even though side dishes come in smaller portions, choosing the wrong side can make an otherwise healthy meal unhealthy. Here are the best options:

- **Fibrous vegetables** are the healthiest side dish you can order; they're full of fiber, vitamins, and minerals. They include asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, eggplant, green beans, kale, mushrooms, squash, peppers, zucchini, and others. It's best to order them steamed, grilled, or boiled.
- **Whole grains** are better than refined grains, as they have more fiber and nutrients. Choose brown rice over white rice. Quinoa and cous-cous are also good side dishes.
- **Lentils and beans** are very healthy side dishes because they are full of protein and fiber.

Be wary of:

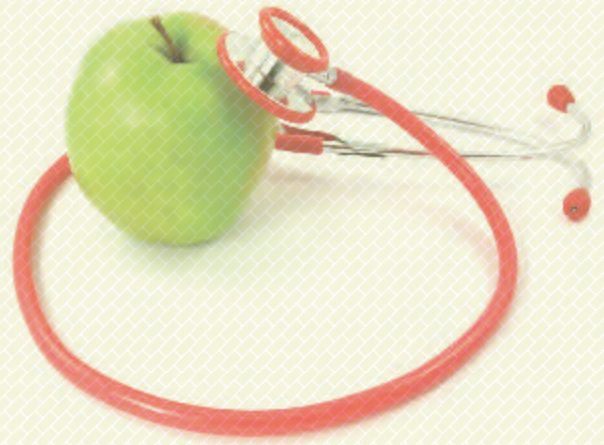
- **Potatoes:** Choose boiled or baked potatoes over fried, mashed, au gratin or those covered in cheese. Refrain from adding butter, bacon, cheese or sour cream. Instead, try salt and pepper, A-1, barbecue, or Worcestershire sauce for flavor.
- **Corn, plantains and peas:** These starchy vegetables and fruit are high in sugar.
- **Pasta:** Most pasta has low nutritional value. If there is whole pasta, opt for that. Choose sauces that are tomato, wine, or broth based (marinara, puttanesca, marsala)



- Skip the bread. Bread is meant to keep you busy while you wait for your meal, but it will add unnecessary calories.
 - Instead of an entrée, you can order 2 appetizers to control portion sizes.
 - Be vegetarian for a meal. It's a great way to eat healthy and control calories.
 - Whole grain pasta with tomato or broth base sauce is healthy.
- Stay away from fried and breaded (i.e. Chicken Parmigiana) entrees. They're high in fat and calories.
 - Stuffed dishes, such as Chicken Cordon Bleu or Stuffed Eggplant, will stuff you full of calories and fat.
 - A healthy dinner will most likely be grilled, baked, or poached.
 - Chicken, fish, and shellfish are the healthiest protein options.
 - Know your beef. The leanest to fattiest cuts of beef are: strip loin, flank, sirloin, tenderloin, rib-eye, and t-bone.
 - Pork is healthiest when it's from the leg or loin. Avoid pork belly and bacon.
 - Lamb is also best from the leg.
 - Stay away from processed meats, such as sausage, ground meat, or hot dogs.
 - Be wary of sauces that can be used on dishes. Avoid mayo, whole eggs, cream, sour cream and butter based sauces.

Snacks

When your stomach grumbles in between meals, it may be tempting to reach for a bag of chips. Here are some tips to choose health snacks and pack them for the road!



If you're traveling by car, pack a cooler full of nutritious snacks! Put a larger cooler in the trunk and leave a smaller one close to you for easy access. You can pack:



- Fresh or cut vegetables and fruit
- Low fat dairy, such as string cheese, yogurt, and milk
- Nuts: almonds, cashews, or walnuts
- Sandwich makings, such as bread and lunch meat
- Whole grain cereals, crackers and pretzels

Even though the amount of liquids you're allowed to pack for a plane ride is limited, you can still pack as much non-liquid food items as you please. Here are snack packing ideas:

- Pack your own instant oatmeal, coffee, and tea. You can always ask or purchase hot water or milk.
- If you're packing snacks that are perishable (fresh veggies, fruit, sandwich meat) bring an extra zip lock bag and ask the stewardess for some ice to keep the food cool.
- Nuts and fruit are always great, healthy snack items.
- Pack some bread, peanut butter, jelly, or cold cuts and make your own sandwich. Or, pack pre-made sandwiches, wraps, or a filled pita with lean meats and veggies.
- Bring hummus or an avocado roll for an international twist to your snacks!
- To satisfy a sweet tooth, pack some chocolate-covered pretzels.



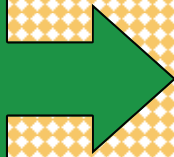
Portion Sizes

Gauging appropriate portion sizes can be difficult on the go, especially with oversized meals. Use these tips to help you keep your portions on the right track!



The number of servings of food a day that you need depends on the number of calories you need a day. Visit www.mypyramid.gov to figure out how many calories you need a day. Here are some ways to size up the right portion size:

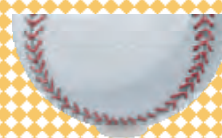
One serving of fruit, such as a medium apple or orange, is about the size of a baseball ball.



One serving (one cup) of chopped raw vegetables, such as spinach, is about the size of a baseball.

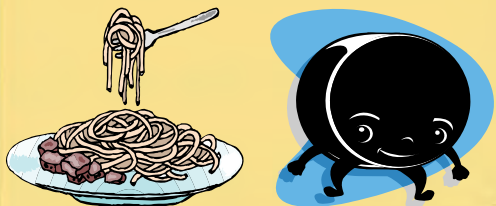


One serving (half a cup) of cooked vegetables is about the size of half a baseball.

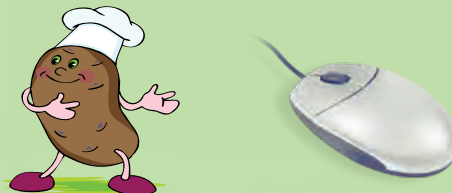


Portion Sizes — continued

One serving of carbohydrates, such as cooked pasta, rice, or a bagel, is half a cup, or the size of a hockey puck.



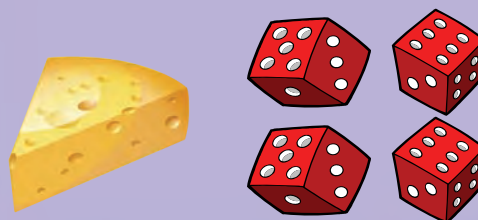
The appropriate serving size for a potato is about the size of a computer mouse.



For meat, such as chicken or beef, a deck of cards is the size of a 3 ounce portion.



One serving of hard cheese is one ounce, or the equivalent of four dice.



One serving of fats, such as mayonnaise and salad dressing, is two tablespoons, or 2 dice.



Even though you get the whole can, one serving size of soda is only 6 ounces, or half the can.



Nutrition Labels

Nutrition labels on food packaging can be confusing if you don't know what they mean. Here are some tips to help you use the labels to your advantage!

You can use the % Daily Value (%DV) to identify foods that are high in nutrients, such as fiber and calcium, and low in fat and sodium. A simple rule of thumb to go by:

- A %DV of 5 or less is low
- A %DV of 20 or more is high.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value *	
Total Fat 12g	18 %
Saturated Fat 3g	15 %
Trans Fat 3g	
Cholesterol 30mg	10 %
Sodium 470mg	20 %
Total Carbohydrate 31g	10 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	
Vitamin A	4 %
Vitamin C	2 %
Calcium	20 %
Iron	4 %

Always check the %DV

Limit these nutrients

Get enough of these nutrients

*Nutrition label picture from the U.S. Food and Drug Administration website: <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm114022.htm>

Resources

Fast Food Eating Tips and Guides

<http://www.christineavanti.com/RestaurantGuide.php>

<http://www.fitnessmagazine.com/recipes/healthy-eating/healthy-foods/best-fast-food-salads/>

<http://www.fitnessmagazine.com/recipes/healthy-eating/on-the-go/the-30-worst-fast-food-restaurant-choices/>

Healthy Eating While Traveling

<http://nutrition.about.com/od/foodfun/a/healthyeating.htm>

http://www.associatedcontent.com/article/587049/healthy_food_choices_at_a_continental.html?cat=5

<http://www.thehealthyroadwarrior.com/>

<http://www.travelpost.com/articles/healthy-vacation-eating.aspx>

<http://www.wellsphere.com/healthy-living-article/healthy-diet-tips-while-travelling/629482>

http://www.youmustbetrippin.com/road_warriors/healthy_continental_breakfasting.php

Healthy Meeting Guide

<http://www.tufts.edu/nutrition/childreninbalance/documents/GuidetoCreatingHealthyMeetings.pdf>

MyPyramid.gov

<http://www.mypyramid.gov/>

Portion Control

<http://www.cancer.org/Healthy/EatHealthyGetActive/TakeControlofYourWeight/controlling-portion-sizes>

<http://www.mayoclinic.com/health/portion-control/NU00267>

Snack-packing Tips While Traveling

http://www.associatedcontent.com/article/216738/tips_for_healthy_eating_when_you_travel.html

<http://www.fitnessmagazine.com/recipes/snacks/low-calorie/on-the-go-snacks/>

<http://www.noshtopia.com/2009/09/plane-snacks-25-ideas-for-healthier-noshing-in-the-air.html>

U.S Food and Drug Administration: Calories, Serving Sizes, and More

<http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm114022.htm>

Eating healthy while on the road is easy,
once you have the right tips and tools. We
hope this guide will help you make smart,
healthy food choices when you're traveling
for work or for your everyday life!

