

## Three Tasty Ways to Eat Well on Road Trips

---

### 1. Bring food with you

The best way to have control over food is always to bring your own. Whether it's a simple bag of snacks or a fully stocked cooler, bringing your own food saves money and time and improves your nutrition. Here are some of the tastiest ways to eat well while driving down the highway.

- **Feast on nature's fast food – fruits and vegetables**

Fresh fruits, like apples, bananas and pears, are an obvious choice; so are bite-size vegetables like baby carrots, celery sticks and grape tomatoes. Dried fruits, like cranberries, plums and mangoes, are another deliciously sweet option.

- **Put some protein power into your tank**

Many car snacks (candy, chips and pop) are pure fat and sugar. Adding protein to your fuel mixture will help you feel more satisfied, so you can go longer before the munchies strike again. Slices of meat and cheese, in sandwiches or solo, are great ways to get protein.

### 2. Stock up at a supermarket

For the best value and variety, make pit stops at a local grocery instead of a fast food restaurant or convenience store. Many supermarkets are only a few blocks from the highway, so shopping can be quick and efficient. Produce stands and farmer's markets can also be nutrition bonanzas!

- **Dine at the deli counter**

Today's deli options are usually extensive and delicious. With careful selection, they can also be nutritious. Choose mixed vegetable salads like coleslaw, broccoli or three-bean, and ask the server to drain off as much of the liquid dressing as possible.

- **Snack at the salad bar**

A quick trip around a well-stocked salad bar can offer much more than a salad. Fill a container with sliced fruit like watermelon, honeydew or cantaloupe. Refresh your vegetable selection with broccoli and cauliflower florets, along with low-fat dressing for dipping.

### 3. Choose wisely at the gas station

Believe it or not, you can even find some decent food and beverage choices at a truck stop or convenience store. Skip the candy bars and snacks at the counter (designed for impulse buying) and check out the possibilities in the snack aisle and beverage cases.

- **Cool off with water, juice or milk**

Soft drinks are not your only alternative these days. Choose bottled water (plain, sparkling or flavored), juice (100% fruit juices like ruby red grapefruit, orange or grape), or milk (reduced fat in plain, chocolate, vanilla, strawberry or banana!).

- **Go nuts in the snack aisle.**

Nuts and seeds are probably your best bet in most snack aisles. Remember to downsize your portion size. Super-sized bags may tempt you to eat more when the drive gets boring. Buy a small bag or take out a reasonable amount and put the rest out of sight (and out of mind).

