

HEALTHY *Traveling*

1

PLAN AHEAD

Familiarize yourself with the travel destination and identify restaurants and convenience stores that carry healthy options.

2

REMOVE TEMPTATIONS

Ask the hotel staff to remove unhealthy snacks and sodas from your hotel mini bar. Replace with your own healthier options!

3

SHARE MEALS

Share your meals at restaurants. This way you are eating less but at the same time enjoying the dishes you ordered.

4

SAVOR YOUR FOOD

It takes 20 minutes for your stomach to tell your brain it is full! Take your time, chew your food thoroughly, and savor every bite!

5

PACK A SNACK

Pack healthy snacks to resist the urge to buy convenience foods when you are on-the-go!

6

STAY HYDRATED

A lot of times our bodies mistaken thirst for hunger. If dehydration is the case, drink water!

7

REQUEST SUBSTITUTIONS

Ask the server or chef if you can substitute items in your dish for something healthier. Many restaurants honor requests!

8

STAY ACTIVE

Bring exercise clothes and sneak in work outs when you can. A quick 15 minute exercise is better than no exercise!

9

ENJOY & RELAX

A vacation is not a vacation unless you enjoy it! Remember to get enough rest and minimize your stress. Simply relax!



HOUSTON FAMILY NUTRITION