Sunny Days, Healthier Days.

Healthy Eating on the Go

Summer is a time for travel, vacations, and spending time with friends and family. Even while you're enjoying your time off, it's important to pay attention to your nutrition. Try to limit sweets, sugary drinks, and salty snacks. Here are some healthy food options to help you stay healthy while on the go this summer.

Enjoy these healthier on the go options this summer!

FAST FOOD

Entrees: Choose items on the menu that are grilled instead of fried or consider ordering from the kids menu for smaller portions.

Toppings: Choose raw vegetables, vinegars, or mustards over high-sodium toppings like bacon, pickles, ketchup, or BBQ sauce.

Sides: Select a side salad or fruit cup instead of the fries and onion rings.

Drinks: Choose water, seltzer water, unsweetened tea, or black coffee instead of sugary beverages

AIRPORT AND CONVENIENCE STORES

- **Fruits:** Look for fresh fruit, fruit cups, or freeze-dried fruits.
- **Vegetables:** Choose pre-made salads or veggie and hummus cups. Opt for salads that do not contain added cheese, bacon, or oil and vinegar dressing.
- **Proteins:** Hard-boiled eggs or single packets of tuna are great sources of protein for on-the-go meals.
- **Whole Grain Wraps or Sandwiches:** Select wraps or sandwiches made with fresh-sliced cooked chicken, turkey, or vegetables rather than processed deli meats.
- **Low-Fat Dairy:** Enjoy low-fat yogurt cups or cheese sticks for a quick and healthy snack.
- **Crunchy Snacks:** Pick unsalted nuts, popcorn or rice cakes, and trail mix that does not include added candies.

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