

Eating 5 While You Travel

When you're on the road - whether for business or pleasure – it's sometimes hard to eat 5 or more servings of fruits and vegetables daily. With a little planning, though, it is possible to enjoy the fruit and vegetable choices you have when you're at home. Here are some ideas:

Flying

Pack a fruit or vegetable snack to enjoy instead of the peanuts served and other travelers will envy you.

Restaurants

- Look for a restaurant that has a salad bar with a wide selection of high-fiber foods (kidney beans, broccoli, carrots, spinach, fruit). Remember to use only a small amount of low-fat dressing and watch out for high-fat items (bacon, cheese, potato salad with mayonnaise, pasta salad loaded with high-fat salad dressing).
- When ordering a prepared salad, ask for low-fat dressing on the side, so you can control the amount you use.
- Order an extra vegetable.
- When you order a baked potato, ask for margarine and topping on the side or try low-fat plain yogurt or salsa.
- Ask for no butter or sauce on your vegetables.

On the Road

You're driving along and a snack attack happens. What are your options?

- Stop at a fast-food restaurant. Many now serve juice and some have salad bars or baked potatoes.
- Stop by a supermarket and pick up some fruit or a quick salad from the salad bar.
- Stop at a convenience store or deli for fruit; they'll certainly have 100% fruit juice.

Taking It with You

Pack some of these for your next car, train, or plane trip: peaches zucchini sticks plums raisins grapes dried fruit bananas cherry tomatoes apples carrot sticks.

Fitting in Fast Food

Fast foods can fit into a healthy diet. Here's some tips to help you select healthy foods when eating fast. Choose broiled or grilled items. Avoid fried or crispy items.

- To balance your meal, add a salad with low-fat or fat-free dressing.

- Skip the large fries. A large order of fries can add as much as 22 grams of fat and 450 calories.
- Ask for low-fat or fat-free options such as hot sauce, ketchup, or mustard. Extra tomatoes, lettuce and onion are good choices also. Cheese, mayonnaise, regular salad dressings and creamy dipping sauces can add a lot of fat and calories.
- Take along a piece of fruit like a banana or orange. Adding fruit to your meal can fill you up and help you achieve your 5 A Day goal.

