



# NUTRITION ON THE GO

Your Guide to Eating While Traveling



Life on the move can be a whirlwind, but that doesn't mean your nutrition needs to take a back seat. We're here to equip you with savvy strategies for maintaining your fitness nutrition, even in the midst of airports, planes, taxis, and trains.

### **1. Airport Adventure**

Before you jet off, pack nutrient-rich snacks like trail mix, whole fruit, or protein bars. Airports often have healthier options too – seek out salads, yogurt cups, and grilled options to stay on track.

### **2. Airplane Eats**

Airplane food can be hit or miss. If you have options, choose a meal rich in lean protein and veggies. Alternatively, pack your own meal or snacks to ensure you're fueled with what you need.

### **3. Taxi Time**

A hungry traveler is a grumpy traveler. Carry a small bag of nuts or a granola bar to curb those hunger pangs while you're en route to your destination.

### **4. Train Treats**

Trains can be a relaxed way to travel. Opt for a balanced meal with protein, whole grains, and veggies if dining on board. If not, bring your own goodness-packed meal.

### **5. Hydration Heroics**

Stay hydrated! Travel can dehydrate you, so keep a reusable water bottle handy. Opt for water over sugary drinks to feel your best.

### **6. Portion Control**

Keep portion sizes in mind. Travel can throw your routine off balance, but you can still make mindful choices about how much you eat.

### **7. Smart Snacking**

Pack your favorite portable snacks like cut veggies, hummus cups, or Greek yogurt. Snacking smart will keep your energy levels stable.

### **8. Emergency Stash**

Carry a stash of nutrient-dense options like protein bars or dried fruit. They'll save the day when you're in a pinch.

Remember, flexibility is key. While travel might disrupt your usual routine, it's an opportunity to explore new flavors and adapt to your surroundings. Your fitness nutrition doesn't have to suffer on crazy travel days – armed with these tips, you're ready to conquer any journey!

Happy travels, happy eats,

**ALTAFIT**