



BlueCross BlueShield of Illinois

Get Your Vegetables

Adult women need at least **2½ cups of vegetables** each day.

Adult men need at least **3½ cups of vegetables** each day.*



Healthy Eating on the Go

Healthy eating while traveling can be a challenge. Restaurant and fast food aren't always the most nutritious and may not help you stick with a specific diet plan. You can use the tips below to make healthier choices while you're on the road.

Plan Your Trip

- Determine how long your trip is going to be
- Maybe you can map out some spots along the way where you can pick up fruits and veggies for snacking
- Keep your portions small at restaurants or just eat half the meal and save the other half in a cooler if you have one
- Review menus and select healthy choices in advance at your favorite places

Preparation is Key

- Pack meals and snacks ahead of time. Keep in mind balance, variety, and moderation.
- Pack snacks in single serve containers
- Keep perishable foods at the correct temperature
- Consider using a small fridge or electric cooler
- If using a traditional cooler, monitor temperature and change ice regularly



Make Healthy Choices

- Fresh and canned fruit (packed in its own natural juice or no sugar added)
- Whole grain bread and cereals, whole grain crackers, English muffins, mini bagels
- Fresh veggies already washed and cut up in single serve containers
- Low fat cheese such as mozzarella, string cheese, low fat cottage cheese, low fat yogurt and small containers of skim or 1% milk
- Protein like salmon or tuna packed in water or low-fat meats like roasted chicken, turkey, ham and lean roast beef
- 100 calorie packs are perfect for on-the-road snacks
- Nuts in small portion sizes (1/4 cup or 250 calories) like almonds, pistachios, walnuts and pecans

On the Go

- Try to eat regularly and at scheduled intervals
- Take a walk break when you stop. Even a 15-minute walk to stretch your legs can help burn some calories and combat fatigue. Be sure you are in a safe area and are aware of your surroundings.
- Keep a supply of water to stay hydrated while on the road.

To eat healthy, you need to get a variety of nutrients from the five food groups — dairy, protein-rich foods, grains, fruits and vegetables.

Each food group offers different benefits, so by combining the food groups you can get a variety of nutrients that support good health.