

## TIPS FOR TRAVELING

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Stay on track no matter where you are. Even if you are away from home it does not mean that your nutrition has to suffer. Use these simple tips to improve your travel experience and stay ahead of the game by setting yourself up for success.

- 1. Pack your Sneakers** – Squeeze in a walk, run or exercise class. Aside from reaping the benefits of the exercise, this will also help you make better choices when eating out. If you know your schedule is jam-packed, schedule your exercise time in your calendar or use an app.
- 2. Find Fitness Centers/Hiking Trails** – Research the area to find healthy foods on the go, local gym, hiking trails. *\*refer to list below*
- 3. Buy Healthy Snacks** – Utilize the hotel room/mini-fridge for some items (i.e. hard-boiled eggs, precooked organic sausage bites, string cheese, raw nuts, to-go packets of peanut butter/almond butter, peanut butter balls, trail mix, fruit, raw veggies and hummus, protein bars, club soda).
- 4. Limit How Often You Eat at a Restaurant** – By limiting choices people tend to make better decisions. Plan out meals ahead of time and choose to go to a restaurant once/day, as opposed to three times. Utilize the mini-fridge to store some staples and get creative. This helps maintain good nutrition, not to mention saving some money.
- 5. Find a Healthy Grocery Store** – Scout out the quality grocery stores in the area. *\*refer to list below*
- 6. Stay Hydrated** – Consume lots of room temperature water. Aim for 2-3 liters per day.
- 7. Plan Ahead** – Have a food “game plan,” so you don’t end up starving and splurging.
- 8. Fill up on Veggies, Protein and Healthy Fats** – By consuming these foods first, you fill up on the nutrient-dense foods before having the extra carbs. This is advantageous to eating the bread when you are famished!
- 9. Pick and Choose** – When you go to a restaurant choose what items you want the most. Try and not eat everything just because it is available: the bread, the pasta, the wine, the passed appetizers, and the dessert. Make smarter decisions by choosing one or two “splurge” foods. Practice the 80/20 rule.
- 10. Be Aware of Alcohol Intake** – Be privy to how often you are getting a pre- or post-dinner drink. Drink water first!
- 11. Try New Foods** – Pick something new and different. This is great for your taste buds and increasing nutrients.
- 12. Enjoy yourself** – Enjoy your experience as much as you can and don’t be too hard on yourself!

## **LOCAL GROCERY STORES**

Whole Foods – La Jolla  
Trader Joes – La Jolla, Mira Mesa  
Sprouts – Mira Mesa, Pacific Beach, Poway, Clairemont  
Jimbo's – 4S Ranch

## **HEALTHY RESTAURANTS**

True Foods Kitchen  
Tender Greens  
Mendocino Farms  
Trilogy Sanctuary  
Café Gratitude - vegan  
Kindred – vegan  
Plumeria  
Ironsides  
Herb & Wood

## **FITNESS CENTERS**

LA Fitness  
Fitness and Motion  
IDEA Health and Fitness Association  
Being Fit Fitness Centers  
24 Hour Fitness  
The Rush Indoor Cycling  
Fit Athletic Club – Solana Beach/Carmel Mountain

## **HIKING**

Torrey Pines State Natural Reserve – La Jolla  
Los Penasquitos Canyon  
Batiqitos Canyon  
Santa Margarita River  
The Englemann Oak Loop  
Cedar Creek Falls

*- Written by Kathryn Holly Mott, RD, ONC*