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EATING HEALTHY ON VACATION

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Eating healthy on vacation may sound impossible but it doesn't have to be. You should enjoy time taken off and indulge in foods that you can't get at home but keep your health in mind. You want to return home just as healthy as when you left. Follow these simple tips and you will be well on your way to a healthy vacation.

Don't Deprive Yourself: You're on VACATION! Instead of depriving yourself be intentional about what you eat. Don't use vacation as an excuse to overeat every meal. Eat sensibly, use moderation, and enjoy indulgences strategically.

Drink Water: Hot weather, long flights, and extended drives can lead to dehydration. Drink plenty of water to stay hydrated and limit calories from beverages at the same time.

Pack Snacks: Pack trail mix, fruit, string cheese, or popped popcorn to limit calories between meals. Most healthy snacks can be easily taken in the car, on a plane, or into your hotel room.





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Eat at Home: Rent a beach house, cabin, or Airbnb so that you have access to a full kitchen to cook meals while out of town.

Don't Skip Breakfast: whether you are headed to the airport or the amusement park eating a big healthy breakfast at home before you go can save you money and calories.

Indulge Strategically: Vacation is all about enjoying yourself but you don't have to eat just because food is available. Choose what you want to indulge in and limit treats to once a day. Enjoy local cuisine by savoring it not devouring it.

Beware of High Calorie Drinks: Mixed drinks, sodas, and milkshakes are loaded with calories. Keep it simple by sticking to water, un-sweetened tea or coconut water. When you do have a cocktail look for a lighter version.

Stay active: Choose attractions that involve natural movement. Take a yoga class on the beach, join a biking or walking tour of the city, play tennis or volleyball, go hiking or rock climbing. Keeping yourself moving on vacation can tip the scales of calorie balance in your favor.

Road trip smarter: Pack a cooler full of healthy items. Avoid fast food meals and gas station snacks by planning ahead and filling your cooler with these:

- Low-fat yogurt
- String cheese
- Fruit cups
- Trail mix
- Popped popcorn
- Whole-grain crackers
- Sliced bell peppers
- Sliced cucumbers
- Baby carrots
- Sandwiches
- Water
- Apples & Oranges

