



Week 8 Participant Manual:

Eating on the Road



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Journaling

- If you travel a lot for work when it comes to eating, what are some positives and negatives about your travel experiences? What can you do to make some changes with the negatives?
- Are you planning a summer vacation? If so what is something you can do to incorporate healthy eating into your travels?



Travel Foods

This list gives ideas for some helpful travel foods. Even if your only option is to eat in the car, airport or on the train, remember to practice mindful eating. Eat slow enough to listen to your body this will help with controlling portions.

- Cheese and crackers or fresh bread
- Bagel with cheese or nut butter
- Apple or banana and nut butter
- Trail mix
- Tuna fish and bread
- Smoothie and nuts
- Nut butter and honey sandwich
- Black bean wrap
- Walnuts and golden raisins
- Milk and all natural cereal
- Yogurt and nuts and/or fruit
- Whole wheat toast, peanut butter or other nut butter
- Sliced fruit and cheese slices
- Fruit and nuts
- Almonds and dried cherries or cranberries (or other dried fruit)
- Sliced veggies (ex. carrots, bell pepper, celery) dipped in dressing
- Hummus wrap
- Yogurt and granola
- Avocado, and tomato on a slice of bread or a bagel
- Hard-boiled egg, bread
- Olives and some sliced veggies and cheese
- Popcorn topped with butter and seasoned salt
- Dried fruit and nuts
- Olive tapenade sandwich
- Vegetable, cream cheese sandwich
- Slice of banana or zucchini bread
- Bagel sandwich
- Dark chocolate
- Maki roll



Recipes for Travel Foods

Easy Granola

You'll Need

- 4 cups oats (use quick oats for a granola bar with a softer consistency and old-fashioned oats for granola with a harder consistency)
- 8 Tablespoons softened butter or 7 Tablespoons coconut oil
- 7 Tablespoons brown sugar (1/2 cup minus one Tablespoon b/c 8 Tablespoons equals 1/2 cup)
- 1/4 cup to 1/3 cup chopped nuts of choice
- A pinch of salt

Directions

- Preheat oven to 350.
- Grease a 9 x 13 inch baking pan. Mix all of the above ingredients together.
- Place mixture in greased baking pan. Bake for 23 to 25 minutes or until lightly browned. Let sit and slightly cool.
- Roughly cut into chunks or crumble into loose granola.
- This recipe serves as a very versatile base. Store the granola in an airtight container. Have fun with this recipe and enjoy!!
- Serve this granola mixed into some plain yogurt or with a piece of fruit for a delightful breakfast.

Play with Your Food

- Get creative with this recipe. Add some ground flax seed, sunflower seeds, raisins, dried fruit or, shredded coconut.
- Add some cinnamon or a teaspoon of vanilla. Or you could add a tiny bit of maple syrup or honey. A tip is when adding some other form of food that could sweeten the granola, hold back a tiny bit on the amount of brown sugar.
- You could also add a 1/2 cup to 3/4 cup of nut butter and leave out the chopped nuts.



Trail Mix

Suggestions for Ingredients

- Nuts of choice
- Dark chocolate chips
- Dried fruit of choice
- Shredded coconut
- Cheerios or other dried cereal
- Popcorn
- Sunflower seeds
- Pumpkin seeds
- Pretzels

Directions

- Mix a combination of your choice together and store in an airtight container.



Eating on the Road

We are living in a day in age that people are eating out more than ever. When we return to the kitchen we can recognize that it does not have to be an overbearing task to get a nutritious and delicious meal on the table. And it's nice to dine out every once and a while. But as much as possible we should try not to make it a habit. The reality for some people, though, is that their job sets them up to eat out frequently. Regardless of the reason of why we are eating out there is always a healthy and enjoyable way to do it. Below you will find some strategies that help you in determining if a restaurant is a quality restaurant. In addition you will find suggestions on how to healthfully when eating out.

Determining the quality of a restaurant

- Does the restaurant have a chef on site?
- Does the restaurant try to focus on using local, in season produce?
- If the place is serving all you can eat, there is a high probability that they are not using quality ingredients.
- Is the food prepared fresh on site?
 - For example prepared daily and made daily are two separate concepts.
 - Prepared daily means the soup could have been shipped to them in a bag and they just heat it up that day.
 - Made daily means they are making the food on site that day.
- Many chain restaurants have a list of the ingredients they use in their products.
 - Many establishments have this information accessible online and in addition they have the information on hand in the store.
 - For example you can visit a Panera Bread restaurant and ask them to see the ingredient list for what is in their soups, breads, pastries, salad dressings, etc.
 - You can visit the Au Bon Pain Restaurant and get a list of ingredients that they use in all their menu items. They have a kiosk in the store that holds all this information.
 - If you know you are going to be in an area where there are certain chain-restaurants, check the restaurant's website and know what menu items are the better ones to order.
- Ask questions! You are paying good money to eat at the establishment so ask:
 - Are the restaurant's soups made on site?
 - Where does the bread come from?
 - Are the restaurant's salad dressings made on site?



Healthy ways to dine at a restaurant

- Order an appetizer, hold on the menu then order the main.
- Let your server know you plan on taking your time.
- Split the entrée and the dessert.
- Bring your own to go box with you to the restaurant.
- Ask the server to remove your plate when you are done eating so that you do not keep picking.

Eating on the Road for an Extended Period of Time

Many of us may have to be away from our homes for extended periods of time due to work constraints. If this is you there are things that you can do.

- Try to choose your place of stay that contains a kitchenette.
- Seek out the grocery store in the area as soon as you arrive.
- Look for local specialty stores and markets. They may have great cheeses, meats, breads and olives. These are great foods to have in your room. They can be easily stored and transported.
- Purchase breakfast foods to have in your room. Buy items that would allow you to pack a lunch then maybe eat dinner out. This is limiting the amount you eat out to once a day.
 - Also your leftovers from dinner could be your lunch for the next day.
 - This is why it can be helpful to travel with a container to place your extra food in at a restaurant. It is easier to carry around a plastic or glass food container then it is to transfer the flimsy Styrofoam or non-durable take away containers that you often receive at restaurants.
- Travel with a set of silverware. These will come in handy if you do want to eat in your room. And having will not let you come up with an excuse of why you cannot make the choice to stop at a grocery store and buy some food from there instead.
- Try to eat with a coworker and make it a relaxing part of the day. This will make meal time more enjoyable and will allow you to take your time with your food which will help to control portions consumed.
- Try to avoid fast foods at all costs. It really is not much faster than walking into a grocery store and picking up some quality foods.
- Travel with a packable cooler. This will allow you to store things in your car without the worry of the foods spoiling.



Tips for Eating Lunch Away From the Home

- Compile a special grocery list for your lunches.
 - Take a few moments and plan out your lunch meals for the week. This will make the shopping a lot easier. It will help to decrease food waste and will help you to have packable foods in your home.
- Make sure your meals contain complex carbohydrates, healthy fats, and protein. This will assure that the foods will keep you satisfied throughout the rest of your work day.
- Set a goal to at least take your lunch three times per week.
- Buy some handy containers to pack your food in.
- Make extras of a dinner to have for lunch the next day.
- Leave some food at work such as peanut butter, tuna fish, granola, yogurt etc. (this can work for those days that you are in a pinch).
- Prepare some soup and freeze into portable portions.
- If you are having a bagel for breakfast maybe have half the bagel with cream cheese for breakfast and save the other half to go with lunch. At lunch, have the other half with avocado and tomato.
- Take a 10-minute walk on your lunch break for an energy boost.
- Make the lunch time fun. Put together a meal that you would usually eat at home that is tasty and special. Then pack up the extra so that you can enjoy it in your work environment.
- If you feel like you are getting stuck in a rut and are eating the same things for lunch every single day, try making it a rule for yourself that you will try one new food a week such as a new piece of fruit or a different sandwich combination.
- Make a trail mix and use that as a part of your lunch. It's a great food to give you a sustained amount of energy for the rest of your work day.
 - Examples: nuts, dried fruit, seeds, and dark chocolate chips.
- Only buy a portion of the lunch. Bring a sandwich with you and then just buy the soup.
- Make your own convenience foods.
 - Prepackaged, portion sized yogurts and granola bars can get expensive and sometimes do not contain the best ingredients.
 - Buy a big container of plain yogurt and portion it out into portable containers.
 - Make a tray of granola bars and package them individually to take with you.



- Find a lunch buddy.
 - You can eat together.
 - You can take turns bringing the lunches. One day you bring the lunch and share it and the next day it's the other person's turn.
 - You can each bring something to share. You bring the soup and your friend brings the salad.
 - You can also take a walk together on your lunch break.
- If you must eat at your desk or in your car make sure to take eating breaks. Take a bite of food and then type for a while. Then have another bite. This will help you to slow down your eating pace and will aid you in controlling portion size consumed.

Ideas for Lunch Meals

- Piece of a baguette, cheese, olives, sliced veggies drizzled with olive oil and balsamic vinegar, square of dark chocolate
- Baked potato, topped with salsa, and sour cream or cheese, a piece of fruit, nuts and iced tea.
- Tuna salad sandwich on whole wheat bread, fruit salad, ginger snap, and a cup of coffee
- Hummus, with pita or other type of bread, slices of cheese, walnuts and white raisins
- Pesto on pasta with veggies (this is a great meal that can also be enjoyed cold)
- Tortilla roll ups (cheese, beans, or deli sliced meat), fruit, pudding
- Soup, bread, fruit, and nuts
- Salad topped with grilled shrimp, or chicken, plain yogurt topped with maple syrup
- Egg salad sandwich, with a Greek salad, and a granola bar
- Stir fry with meat of choice and veggies, fruit, tea