

Nutrition On the Go

Best Choices

Better Carb Choices

Oatmeal: Quaker Instant (original or low sugar); Perfect Portions; Real Medleys single serve oatmeal
Crackers: Kashi, Triscuit, Wheat Thins
Uncle Ben's Whole Grain Brown Rice Ready Cups
Bear Naked Granolas, KIND clusters
Bars: Kashi Chewy or crunchy Granola Bars, GO Lean Crip, Clif bars, KIND bar
Cereals: Kashi Heart to Heart, Go Lean, Fiber One Cereals
Orville Redenbacher's SmartPop Mini bags
100% whole wheat bagel thins

Portable Veggie Choices

Crunchies Freeze Dried Vegetables (BBQ roasted mixed veggies, sweet corn, edamame, edamame with wild rice, roasted mixed veggies)
Just Tomatoes Etc! organic dried vegetables (tomatoes, corn, peas, edamame)
Snack N' Veggies Veggie Medley (mix of dried sweet potatoes, taro, squash, carrots, and green beans)
Del Monte Squeezable Fruits and Veggies Tubes
Revolution Foods Organic Mashups Fruit and Veggie Smoothies

Portable Fruit Choices

Fresh fruit (apples, oranges, bananas)
Unsweetened dried fruits (raisins, dried tart cherries, prunes, apricots, etc)
Del Monte Squeezable Fruit Tubes
Mott's Snack and Go Natural Applesauce Pouches
Buddy Fruits Blended Fruit
Buddy Fruits Pure Fruit Bites or Apple Chips
Del Monte single serving fruit cups (no sugar added)
Del Monte Fruit Naturals snacks (no sugar added)

Better Travel Protein Choices

EAS Protein powder (separate in snack baggies)
Chicken of the Sea Tuna Pouches
Chicken of the Sea Salmon Pouches
Chicken of the Sea Tuna Salad To-Go Cups
Chicken of the Sea Pink Salmon To-Go Cups
Tyson Premium Chunk White Chicken Breast pouch
KRAVE jerky (turkey and beef varieties)
Whole Foods Brand 365 Organic Jerky (turkey and beef varieties)
Good Sense roasted soy nuts
Good Sense roasted pumpkin seeds
Kay's Naturals Protein Cereals
Kay's Naturals Protein Snack Mixes/Chips

- Plan and pack these items before you go
- Watch portion sizes
- Eat every 3-4 hours
- Pair proteins and fiber (carbs or fruits/veggies)
 - Boosts metabolism
 - Provides stable energy
 - Makes you feel fuller longer
- Hydrate! Drink half your body weight in ounces minimum each day especially during travel