

AUGUST 2010

‘ROAD TRIPPIN...?’ HEALTHFUL EATING WHEN TRAVELING

Summer is coming to an end soon, but August remains a heavily-traveled month. On the road, your normal eating routine is apt to change as food choices and meal times become unpredictable. Often, traveling and the urge to nosh just seem to go hand- in- hand, which does not help matters ! The nation’s highway’s are studded with fast food restaurants and service stations stocked with unhealthy snacks and high calorie beverages.

Munching on junk food can leave you lethargic and irritable and that’s never good when you’re behind the wheel. The good news is that it is possible and easy to eat healthfully while on vacation and the following tips can show you how.

Breakfast

Choose a breakfast rich in protein and complex grains like oatmeal with fresh fruit and yogurt or a vegetable-filled omelet and whole wheat toast.

Steer clear of sweet rolls and donuts, tempting as they may, be since they lack nutrients and pack a lot of energy-depleting sugar. If pancakes or waffles are calling you, have one along side an egg and fresh fruit so you get a good mix of lasting energy foods.

If you’re grabbing breakfast at a service station, look for individual containers of cereal and bottles of low-fat milk ,which can start your day off right. A protein bar can do but be aware of the sugar content of different brands.

Lunch

Pair a bowl of hearty soup with a green salad for a light and nourishing lunch.

Choose sandwich shops that allow you to build your own sandwich. Go for whole grain rolls or bread, lean meats or cheeses, and plenty of vegetable toppings.

Order a kid-size value meal or main dish salad with dressing on the side.

Dinner

Order low fat appetizers such as spring rolls or lettuce wraps and a salad instead of a full course meal.

Split an entree and order extra vegetables or soup. Most restaurant portions are oversized and often high in fat.

Choose baked or roasted meats or fish and skip sauces or request for them to be on the side.

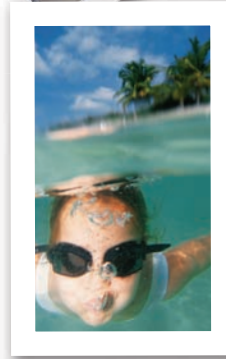


[Click here](#) to view our featured recipe!

DIY HEALTHFUL SNACKS

Eating on the road can be unhealthy and expensive. With a little planning in advance, you can fuel up with your own homemade goodies. The following nutritious snacks can easily be stored in a ice-packed cooler:

- ➔ Individually-wrapped string cheese or cheese cubes.
- ➔ Grape tomatoes, baby carrots, and sweet bell pepper wedges.
- ➔ Individual baggies of cashews, almonds or peanuts.
- ➔ Apple slices, whole strawberries, mini bananas, or dried fruit mix.
- ➔ Quart storage bags of low-fat popcorn.
- ➔ Peanut butter (natural) and jelly sandwiches, or and turkey or roast beef with low fat mozzarella cheese sandwiches made on whole grain bread.
- ➔ A small container of hummus or baba ganoush with individual bags of pita chips.
- ➔ Bottled water or non-sugar sparkling water.



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Try this power packed cookie for a lazy summer treat!

Ultimate Trail Mix Cookie

Ingredients

- ½ C granulated sugar
- ½ C packed brown sugar
- ½ C butter, softened
- ½ C unsweetened applesauce
- ½ C regular oats
- 2 tsp. vanilla
- 1 egg and 2 egg whites, hand beat until mixed thoroughly
- 1 C all purpose flour
- 1 C whole wheat flour
- ¾ C oat bran
- ¼ C wheat germ
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ C natural peanut butter
- ¾ C semi-sweet chocolate chips
- ½ C peanuts
- 1 C raisins
- ½ C sweetened dried cranberries

Directions

Heat oven to 375 degrees. Beat sugars, butter, and applesauce in large bowl until creamy and well blended.

Beat in oats, vanilla, whole egg, and egg whites.

Stir in flours, oat bran, wheat germ, baking powder and baking soda.

Stir in peanut butter. Add chocolate chips, peanuts and raisins.

Drop dough by rounded teaspoonfuls about 1 inch apart onto un-greased cookie sheet; flatten slightly.

Bake 9-12 minutes until cookies are a golden brown.

Remove from cookie sheet.

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Nutrition Facts per 1 cookie:			
Calories	142	Fat	6.6 g
Carb.	6.6 g	Sat. Fat	2.8 g
Protein	3.5 g	Fiber	1.2 g
Chol.	13 mg	Sodium	28 mg