



# TRAVEL TIPS

## What To Eat During Weekend Road Trips

(NAPSA)—Weekend travel is more popular than ever. According to the Travel Industry Association, nearly 103 million adults in the United States take at least one weekend trip per year, and 30 percent have taken five or more weekend trips in the past year. That means many of us will eat on the road.

“Unfortunately, we’re more likely to obey our car’s recommended maintenance schedule than we are to follow general healthy eating guidelines traveling,” says Sunbelt Snacks Registered Dietitian Joanne V. Lichten, Ph.D., R.A., and author of “Dr. Jo’s How To Stay Healthy & Fit on the Road.”

Drive-through dining and quick-serve restaurants are the choice for many weekend travelers. Lichten recommends leaner menu options:

- Small grilled chicken sandwich without the mayonnaise or sauce.
- Small sub filled with turkey, roast beef, ham and veggies (but skip the oil and mayo).
- Grilled chicken salad with low-fat dressing.
- Broth-based soups including vegetable-beef, chicken noodle or tomato (avoid the creamy soups).
- Want a burger? Most fast-food restaurants serve meals much larger (and more caloric) than we need. Order the kid’s meal with fruit and low-fat milk (instead of fries and soft drink).

Tired of roadside restaurants? Lichten suggests stopping by a grocery store and picking up quick meals such as boiled shrimp, red



**Tired of roadside restaurants? Pack a lunch to save time and money.**

cocktail sauce, cole slaw (drained), carrot sticks and French bread. Another option: roasted chicken, potato salad, three-bean salad (drained) and whole-wheat rolls.

Packing a lunch can save you time and money. Here are a few suggestions that don’t require a cooler:

- Peanut butter and jelly sandwich.
- Tuna kit containing tuna, low-fat mayo and crackers.
- Fresh fruit including apples, bananas and pears.
- Individual preportioned bags of baked chips.
- Bottled water and 100 percent fruit juice.
- Snacks? Consider fresh fruit, dried fruit, nuts and granola bars.

Sunbelt Peanut Butter Chip Chewy Granola Bars are individually wrapped for freshness and portion management. Each bar has just 160 calories. The suggested retail price: \$1.99 for a box of eight bars. That’s the lowest price of the major brands. For more information, visit [SunbeltSnacks.com](http://SunbeltSnacks.com).