



Nutrition Counseling Services LLC

Travel Challenge

Purpose Statement: The purpose of this challenge is to avoid consuming excess calories when traveling. Often, when we stop at the convenience store to “fill up” on gas, we “fill up” on snacks. This leads to excess calories consumed and unwanted pounds.

Challenge Steps:

- A. List your typical trips along with travel snacks and drinks.
- B. Add the calories on a typical trip. (If you are diabetic, add up the carbohydrate.)
- C. Review the **Go Anywhere Snacks** Handout for healthier options.
- D. List healthier snack and drink options.

Trip/Destination	Food & Drink - Calories	Is This Healthy?	Better Options
Ex. Beach Trip	Peanuts – 2.5 oz pack = 410 cal. Pepsi – 20 oz = 250 cal. Total Calories = 660 cal.	Nuts are healthy, but the portion is too large; Pepsi is not healthy	1 oz nuts Water

*** Remember, any extra calories (whether from a healthy or unhealthy food and drink source) will lead to excess weight gain. Snack only when you are hungry or feel you need a “pick me up,” not just because it is travel time and everyone else is snacking! ***

What changes do you need to make based upon this activity? _____

On the next trip, try these healthier options.

Return this sheet by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____