

Healthy Eating On The Road
North Carolina 2009 Superior Court Judges Conference
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For more information:

<http://www.webmd.com/diet/features/9-ways-to-take-your-diet-on-vacation>

Food and travel don't have to add up to disaster

http://helpguide.org/life/fast_food_nutrition.htm

Tips for making healthier fast food choices

http://www.healthiergeneration.org/uploadedFiles/For_Parents/ahfg_making_better_choices_at_fast_food_restaurants.pdf

More tips for making better choices at fast food restaurants

<http://www.healthchecksyste.ms.com/ffood.htm>

Nutritional data for selected fast foods

A Healthier You: Everyday Healthy Eating and Physical Activity for Life. U.S. Dept of Health and Human Services. http://bookstore.gpo.gov/collections/healthier_you.jsp

Mindless Eating: Why We Eat More Than We Think by Brian Wansink, Cornell University (Bantam Books)

In Defense of Food: An Eater's Manifesto by Michael Pollan (Penguin Press)

Eat food. Not too much, Mostly plants

The End of Overeating by Former FDA Commissioner David Kessler (Rodale Press)

Conditioned Hypereating: How people respond to the modern day food industry

Tips for Healthy Eating On The Road

- ***Learn to enjoy healthy eating at home: it will lead to better choices on the road.***
- ***Select restaurants with healthy options: make buffets and fast food your last resort.***
- ***Study menus before ordering. Avoid fried, batter dipped, creamy, Alfredo, etc. Become familiar with the best fast food options, so you will be prepared when there is no alternative to fast food.***
- ***Ask your server how a dish is prepared and don't hesitate to make special requests; little things such as having dressings and condiments on the side make a difference.***
- ***Look for menu items with whole grains, beans, fish, lean meats, low fat dairy.***
- ***Banish the bread basket before the meal; munchies add calories but few nutrients.***
- ***Rethink your drink. Make water your routine choice. Limit frequency and portion size of alcoholic beverages, sodas, sweet tea and other sweetened beverages.***
- ***Choose more colorful fruits and veggies, prepared plainly. Fruits and vegetables come alive with lemon, lime. Balsamic vinegar, herbs and spices and/or a little olive oil. Substitute a side vegetable, salad or fruit for French fries. Try meatless meals when there are lots of good vegetable choices available.***
- ***Right size your portions. Split an entrée with a friend or order an appetizer for your entrée. If you love French fries, order a child's portion – and enjoy them while they are hot. If dessert is important to you, share it. Stop eating when full – or before.***
- ***Keep fruit/nuts/yogurt available for snacks; steer clear of vending machines.***
- ***Break bad habits such as daily donuts; an occasional small dark chocolate may help.***
- ***Pack a healthy lunch if you know you will be in a place with no healthy options.***
- ***Remember to balance what you eat on the road with what you eat the rest of the day.***