

ON THE ROAD TO HEALTHY EATING

Ashleigh Feltham shares these tips to eating well while on the go.

When you go on a roadtrip, do you merely accept this period as one that will be an eating disaster, full of fatty foods and sugary drinks? If you answered 'yes' then I am here to help you make this a thing of the past. The key to success here, is preparation!

Following is your roadmap of steps to help make your diet healthier and leave you feeling better once you've reached your destination.

Tip 1. Buy products that won't spoil

Opt for products that don't require refrigeration. This could include:

- Canned vegetables (try draining the salted water or if possible wash the vegetables using a strainer).
- Beans (kidney, chick peas, baked beans).
- Whole grain breads.
- High fibre cereals (aim for 3g to 6g of fibre per serve).
- Tuna canned (aim for the variety in spring water).
- Boiled eggs (store in cooler bag).
- Pre-cooked meats (keep frozen until just prior to leaving and store in a cooler bag to be able to eat the meats safely later in the day).
- Nut butters, like low salt peanut butter.

A quick side note on perishable items: these need to be stored at a maximum of 5°C and must be consumed within four hours after being above this temperature. It's important because you do not want to let food poisoning ruin your trip!

Tip 2. Get snack savvy

Ideal snack options include:

- Fresh fruit and to prevent any bruising package in a lunchbox that fits the fruit well. or buy a special container especially for that type of fruit.
- Muesli bars (although check the whole grains and fibre content, as well as the amount of added sugar).
- Whole grain crackers like rye crackers or rice crackers.
- Small tuna cans (around 95g and these come in a range of flavours; however, flavour can add a lot of extra calories so stick with spring water or Italian flavours where possible).
- Nuts and seeds (aim for unsalted varieties; these can be bought in bulk and shared into small individual bags of around 30g – equivalent to a small handful).
- Canned fruit in water or if in juice you can wash or drain the juice before eating.
- Dried fruit (eat these sparingly as one and a half tablespoons is a serve of fruit).
- Long life soups (aim for the soup lowest in added sugar and salt – 400mg of sodium per 100g is considered moderate salt and less than 120mg of sodium is considered low).

Tip 3. Remember your hydration!

Beverage options include:

- Long life low fat milk (try a few brands and see what suits you best).
- Fortified soy milk or alternative (if substituting for dairy make sure there is at least 100mg of calcium per 100ml of drink).
- Long life fruit or vegetable juice (aim for no added sugar).
- Water, of course! It's free from calories and so good for you!
- Instant coffee or tea. If you use a sweetener, try stevia which comes from a plant and is a natural non-caloric sweetener.

Tip 4. Remember the essentials

These include:

- cutlery (spoon, fork and knife)
- bowl and plate
- cup/mug
- chopping board
- strainer
- lunch box
- cooler bag
- bottle opener
- water bottle
- thermos.

How to eat when on the road

1. Plan when you are going to eat!

It may sound simple enough but when you let yourself run to ravenous hunger (also known as feeling 'hangry'), it can be difficult to choose the healthier options you have packed over the cheeseburger



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with large fries and a coke. Plan your day to include three main meals and two snacks made from a quarter of protein like meats, eggs, dairy or alternative like soy yoghurt with a second quarter from whole grain carbohydrates and the rest from vegetables and or fruit. This mix is the perfect combination for feeling fuller for longer and feeling like you can get the most out of your day.

2. Eat every 3-4 hours

Eating regularly can help your body have a healthy metabolism or the way energy is burned in your body. Eating with large periods in between can actually make your body slow down how quickly it uses energy and over the long term can make you put on weight!

3. Enjoy eating

Take the time to enjoy eating. This means stop driving! Maybe pack a picnic rug and select somewhere nice to enjoy the scenery around you. Taking the time to appreciate the meal or snack you are eating can not only decrease the likelihood of an upset stomach or food everywhere in the car but you will be more aware when your body has had enough to eat. **OH!**



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