

# How To Stay Healthy On a Road Trip

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It can be difficult to stay clear of the gas station aisle lined with every chip bag or chocolate candy bar you can imagine for a quick snack while on a summer road trip. Luckily, we spoke with Katie Cavuto, registered dietitian and culinary nutritionist, to get quick tips on staying healthy while on your next road trip.

## What to eat

To keep away from unhealthy choices, pack satisfying on-the-go nutritional bars. Cavuto suggests Curate Bars so that you have a healthy option whether you're hitting the road or taking a pit stop to sightsee.

Also fresh fruit during the season of your road trip is an easy go-to snack, something easy to peel and eat such as clementines or cherries.

Pack along some protein like almonds, mixed nuts or sunflower seeds.

Veggies such as snap peas, baby carrots and sliced cucumbers are easy grab-n-go snacks with the prepackaged ranch dip that can be bought at any grocery store.

However when picking a snack from the convenient store, stick to a bag of trail mix or Chex Mix. Grab a banana or a fresh apple. Stay clear from the Sour Patch Kids or Snickers bars.

## What to drink

Sitting in a car for a long period of time can keep us away from staying hydrated and drinking our water. And hours-long drives can point us toward choosing the extra large refillable supersize soda jug to keep us awake.

However, drinking plain water will not only hydrate you, but keep you away from the sugary drinks and keep you from snacking in your seat.

If the flavor is what you crave, Cavuto suggests jazzing up your water by pureeing fruits like watermelon and lime for a refreshing summer beverage.

## What to wear

Sitting in a car for hours can be fun and dreadful at the same time, especially if you aren't comfortable in what you are wearing. To stay healthy during a road trip, you should wear a comfortable tennis shoe, pants that can stretch and move with you as you maneuver in your seat, and wear layers on top.

If you have the opportunity to get out and sightsee to stretch your legs, you will be more willing to explore your surroundings if you are wearing a comfortable outfit and also logical for your destination. Flip-flops aren't going to keep your feet clean at a rest stop by the Grand Canyon.

Also, by wearing comfortable clothes, you won't fidget and lose focus on the book you are reading, the card game you may be playing or the song you might be singing. Therefore, you won't get bored quickly and resort to snacking.