



JUNE 2018

VACATION DIET



EATING HEALTHY WHILE ON VACATION

Being in a new place with a flipped schedule can easily throw off eating habits. Meal planning may be the last priority on vacation, but some preparation can make food experiences more enjoyable.

Quick Tips: Reach for more veggies, whole grains and water whenever possible. Keep sodium and fats in moderation by asking for sauce on the side. Listen to hunger cues to avoid mindless snacking.

At a Resort or Restaurant: ^{1, 2, 3, 4}

- At buffets, try to fill the plate with mostly veggies and the rest with meat and starches. Make use of “design your own” stations with omelettes and stir-fry.
- Choose foods that are baked, grilled or steamed rather than deep-fried.
- For dessert, try local fresh fruits especially in exotic locations.
- Examine the kids’ menu, as the options are not always healthy. Instead, order a regular meal and split it up. This may work out to be healthier and more cost-effective.

At a Cottage: ¹

- Use the kitchen and grill for salmon, chicken breast, turkey burgers, pepper, corn and more
- Eating greens everyday can be a challenge especially with washing and cutting. Reduce preparation time by using an assortment of frozen vegetables.

On the Road: ^{1, 3, 4, 5}

- Keep a lunch bag or small cooler in the car for meals on the road.
- Pack nutritious snacks like trail mix, nuts and fruit. Always bring water.
- Find restaurants along the driving route that cater to the family.

After all, vacation is supposed to be enjoyable, so the occasional creamy pasta and soda is acceptable – just keep moderation in mind!

Still have questions?

**FIND A DIETITIAN
NEAR YOU**

1) Dietitians of Canada. Healthy Eating While on Vacation. Retrieved from <http://www.unlockfood.ca/en/Articles/Celebrations/Healthy-eating-while-on-vacation.aspx>. 2) Dietitians of Canada. Top 10 Tips for Eating Out. Retrieved from <http://www.unlockfood.ca/en/Articles/Dining-Out/Top-10-tips-for-eating-out>. 3) Dietitians of Canada. Tips for Eating Out with Kids. Retrieved from <http://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/You-can-ask---for-healthy-foods-for-your-kids.aspx>. 4) Dietitians of Canada. (2013). Fast Food Options - Tips for Making Healthy Choices. Retrieved from <https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Dining-Out/Fast-Food-Options.aspx>. 5) Dietitians of Canada. (2016). Healthy Snacks for Adults. Retrieved from <https://www.dietitians.ca/Downloads/Factsheets/Healthy-Snacks-for-Adults.aspx>.