

9 Ways to Eat Healthy While on Vacation

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Summer officially begins June 21st, which means many of us will be venturing away from home to vacation with friends and family. While a vacation is certainly a time to unwind, celebrate and to try new things, it can also be a time when all your good eating habits go out the window. Here are 9 suggestions for eating healthfully on vacation...while still enjoying yourself!

1. **Resist the Urge to Splurge.** Try to keep the "I'm on VACATION!" mindset in check and don't overeat. Eat slowly and enjoy your food!
2. **Have It Your Way.** Ask how food is prepared, order sauces and dressings on the side, or ask to have half your meal 'doggy-bagged'.
3. **Enjoy the Scenery & Enjoy the Food.** Rather than deprive yourself of delectable foods, try *sampling* them instead of feasting on them.
4. **Walking Is Your Secret Weapon.** Take a stroll after dinner, swim in that beautiful hotel pool, or take your kids on a scenic hike!
5. **A Treat a Day.** Can't pass on the strawberry crepes with cream if you're in Paris? Then don't. Just try to keep your treats to one a day.
6. **Better Choices on the Menu.** Many chain and fast food restaurants post their nutrition information in-house and/or online.
7. **Drink alcohol in moderation (if at all).** Often loaded with calories, cocktails can also increase the likelihood of splurging on food.
8. **Water Is Your Friend.** High sodium restaurant foods and being out in the sun can dehydrate you. Bring water everywhere you go.
9. **Take "Five a Day" on Vacation with You.** Make an effort to get five servings of fruits and vegetables a day. It will make meals seem more filling and satisfying.



Taco Bell is just one of many chain and fast-food restaurants that now offer healthier choices on their menus. Taco Bell's 'fresco' menu items have fresh salsa in place of higher-fat condiments like cheese and sour cream.

For more on eating healthy while dining out:

- Fast food tips from Bob Greene (video clip): <http://www.msnbc.msn.com/id/21134540/vp/3916276#3916276>
- 20 highest calorie restaurant foods (slideshow): <http://www.slideshare.net/webtel/americas-20-worst-restaurant-meals>
- America's healthiest restaurants: <http://eating.health.com/category/dining-out>