

15 Healthy & Portable Snacks

<http://shrinkingjeans.net/2012/05/15-healthy-and-portable-road-trip-snacks/>

1. **Nuts!** Who's not nuts for nuts? Almonds, walnuts, pistachios, and pecans are your best bet. And, no corn-nuts don't count! If you're looking for something a little sweet, try the cocoa-dusted almonds – they're divine!
2. **Dried fruit.** Raisins, cranberries, apricots, peaches, the possibilities are endless.
3. **Blueberries.** Totally portable and non-messy! Really, any berry is a great idea.
4. **Cherry tomatoes.** Once you pop 'em, you can stop.
5. **Baby carrots.** Keep your eyes focused on the road with carrots!
6. **String cheese.** The kids will love this!
7. **Energy bars.** Usana Health Sciences protein bars - www.joycelande.usana.com, Lara Bars, Clif Zbars, or even mini-Luna Bars
8. **Bananas.** Nature's perfect road trip food.
9. **Sandwiches.** Pre-make some peanut butter, banana, and honey sandwiches. Cut into quarters and you're ready for the road.
10. **Hard boiled eggs.** Peel them before you pull out, and you'll have a great protein boost when you need it.
11. **PopChips!** If you must have chips, these are a great way to satisfy that craving.
12. **Grapes.** Like bananas, grapes were made for road trips.
13. **Suckers.** Sometimes you really just need something sweet. Try Yummy Earth organic suckers sweet, healthy, and totally portable. My favorite is Very, Very Cherry. The organic Hot Chili Pops are fun, too!
14. **Yogurt.** We don't recommend you try this while driving, but for those pit stops for pictures, a single-serve cup of yogurt is a great idea.
15. **Water!** Yes, you definitely want to stay hydrated on the road!

Portion Sizes

<http://hnfelibrarian.blogspot.com/2012/03/dont-over-eat-control-your-portion.html>

Visual Aid	Food
1 tennis ball	1 cup cooked pasta or rice
4 dice	1.5 oz. hard cheese
1 deck of cards	3 oz. steak, chicken or pork
1 checkbook	3 oz. fish fillet
1 shot glass	2 tbsp salad dressing
1 die or tip of thumb	1 tsp butter or margarine
1 2 oz. dixie cup	1 oz. of nuts
1 baseball	1 cup of raw leafy vegetables
1 light bulb	1/2 cup of vegetables
1 cell phone	1/2 cup of fruit
1 makeup compact	1 cookie

HAPPY AND HEALTHY LIFESTYLES

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Visual Aid	Food
1 hockey puck	1/2 a medium bagel

HAPPY AND HEALTHY FAMILY

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Take the new True Health Assessment on my website: www.joycelande.usana.com.



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