

20 HEALTHY TRAVEL SNACKS

1

HARD BOILED EGG

If unable to keep this cool, it should be eaten within a few hours of leaving the refrigerator.

2

AVOCADO

Bring the avocado whole and pack a plastic knife, spoon and paper towels. Avocado is not only going to provide great flavor but also healthy fat.

3

WHOLE GRAIN CRACKERS

Look for at least 2g of fiber/serving, healthy oils (olive, canola) and whole grains (whole wheat, brown rice, whole rye).

4

1-OUNCE SERVING OF CHEESE

Choose from a variety of cheese sticks, bites, cubes and rounds. Usually they are around 90 calories.

5

UNSALTED NUTS/SEEDS

Unsalted may sit with you better while traveling. Salt can have a tendency to make you feel puffy and dehydrated.

6

NUT/SEED BUTTERS

Choose butters that do not have added sugars. Spread on crackers, apples, celery or make a sandwich.

7

FRESH FRUIT

Bananas, apples, pears, oranges, mandarines, Bring cut up fruit in a container such as cantaloupe, pineapple, berries, peaches etc.

8

DRIED UNSWEETENED FRUIT

Choose from a variety of dried fruit that does not have sugar added. For example cherries, coconut, mango, apple rings etc.

9

VEGGIES WITH DIP

Pick from carrots, snap peas, snow peas, celery, cucumber, bell pepper, broccoli, cauliflower, radishes, cherry tomatoes and more. Use a yogurt based dip or hummus.

10

LARA BAR/RX BAR/GOMACRO BAR

These bars are full of very simple clean ingredients. Not a lot of BS added that makes you feel yucky after your travels.

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11

APPLESAUCE/FRUIT SQUEEZES

Use unsweetened applesauce, a variety of fruit squeezes or chia fruit squeezes that don't have added sugar.

12

BEEF JERKY

Use brands that offer minimal ingredients and minimal salt added.

13

TEA

Bring along some soothing herbal or camomile tea to sip on during your trip.

14

BONE BROTH

If bone broth is something that you use in your diet you may want to bring a serving on your travels to get that punch of nutrition in for the day.

15

HOMEMADE BREAKFAST COOKIES

Homemade breakfast cookies can be very nutritious and filling with nothing but good ingredients.

16

COCONUT WATER

If you are looking for something other than just water you can use coconut water to help keep you hydrated.

17

2% PLAIN OR VANILLA GREEK YOGURT

Yogurt is a great balance of carbohydrates, protein and fat from dairy. Sprinkle with some fresh fruit or homemade granola.

18

AIR-POPPED POPCORN

Who doesn't love to munch on popcorn. Toss it in a little olive oil and sprinkle with cayenne pepper or herbs that you love. Try to stay away from too much salt.

19

OLIVES

This is an easy snack that provides flavor and healthy fat.

20

HOMEMADE GRANOLA

You can quickly whip up a fresh batch of homemade granola where you are controlling the ingredients especially what is used as a sweetener.