

Nutrition Times

Prepared monthly by South Zone dietitians, Nutrition Services **Healthy Eating on Vacation**

It's vacation planning time! You may have already reserved your campsite or hotel room, but have you thought about how you're going to stay on track with healthy eating during your vacation?

All it takes is a plan and a little prep to have delicious, healthy meals while you're travelling. Of course, part of vacation is enjoying the local restaurants or roasting wieners and marshmallows over the fire while camping... But you can eat healthy meals as well! It just takes a little planning.



On the Road

- Pack re-usable water bottles and fill up with water instead of sweet drinks
- Pack a small cooler with nuts, fresh fruit, and sandwiches with whole grain bread.
- Stop at a roadside fruit stand on the way to your destination. Local summer fruits are the juiciest and sweetest!



At the Campsite

- Bring a good cooler with ice, to ensure food safety.
- Marinate meat (like chicken pieces) in zip-top freezer bags and freeze them before you leave. They thaw as you travel and all you have to do is throw them on a grill when you're ready for dinner!
- Wrap vegetables like diced potatoes, asparagus, zucchini, mushrooms, or carrots in foil with a bit of margarine and your favorite herbs. Place them on embers or barbecue to cook. Is your mouth watering yet?



- Canned tuna or salmon are good choices because they don't require refrigeration. They can be used to make a quick sandwich or to add protein to bagged salad. Look for fish canned in water rather than oil.
- For every alcoholic drink, have a non-alcoholic drink.
For a "fancy" non-alcoholic drink, bring a zip-top bag of frozen berries. Drop a few berries into sparkling water and enjoy!

At the Hotel

Use your mini fridge! Choose at least one meal a day where you'll eat healthy foods from the grocery store instead of going out to a restaurant. Restaurant foods tend to be higher in sugar, salt, and fat.

Try this:

Pack whole grain cereal and a few reusable bowls and spoons. Pick up some fresh fruit and milk from the grocery store at your destination. Now you have the ingredients for a fast and healthy breakfast!



Some other ideas for grocery store meals:

- pre-cooked rotisserie chicken
- seasoned canned tuna with whole grain crackers
- whole grain bread or wraps and lean deli meat such as turkey or roast beef
- fresh fruits or bagged salads
- veggies with hummus or tzatziki

At a Restaurant

- Try to order so that half your meal is vegetables and fruit.
- Order healthier options by choosing foods that are grilled or baked instead of deep fried.
- Ask for water with your meal.
- If you get dessert, share it with a friend.



Upcoming Nutrition Classes

**These classes have a small fee for the series*

Brooks:

Alberta Healthy Living Program Classes: Weight Management Ongoing. Register: 403-793-6659

Grocery Store Tours: June 14 or Oct 17, 6:00-7:30 pm. Learn how to make sense of food labels and make the best choices for you and your family. To register, call 403-501-3315 or visit ahsbrooksnutrition.eventbrite.com
Location provided upon registration.

Medicine Hat:

Nutrition and Healthy Eating During Pregnancy: June 11 or Aug. 20, 6-8 p.m. Register: 403-502-8215. Not just for first-time moms; find out what's new!

Feeding Babies: May 7 or June 11. 10:30 am – Noon at Community Health Services, 2948 Dunmore Rd SE. Free. To register, call 403-502-1411 or go to ahsmedhatnutrition.eventbrite.com

Alberta Healthy Living Program Classes: Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-529-8969.

Lethbridge:

***Baby Steps Infant Nutrition:** Ongoing. Register 403-388-6668.

Alberta Healthy Living Program Classes: Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-388-6654.

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

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