

Travel Snacking Guide

HIGH ENERGY

While you shouldn't be reaching for snacks with lots of added sugars, the natural sugars found in fruits and complex carbs can help you maintain a steady blood glucose level.

These snacks will give you a quick boost of energy - they work well on days with lots of walking and activity. - remember the high sugar content - moderation is key (portion size) and use as and when needed.

Salty snacks- sodium (an essential electrolyte) is important in keeping your body hydrated, especially during long and exhausting activities.

- Assorted gums and sweets
- Super C sweets
- Dried fruit
- Fruit rolls
- Coated Nuts and seeds/ brittles
- Energy gels
- Energy bars that are made with more nuts and seeds
- Marshmallows
- Chocolate (temperature dependent)
- Liquorice
- Chips/ Corn snack
- Juice (tetra pack)
- Baked muesli packs
- Sour items
- Grapes (hydrating and full of energy)
- Biscuits

SUSTAINABLE

These snacks will keep your energy levels going for a longer time. They are well balanced and nourishing.

Perishable items can be purchased at your destination or along your journey when available - use these items to snack first.

- Crackers/ bread/ rice cakes paired with nut butter or tuna (pouch peanut butter and tuna work great for traveling)
- Biltong paired with fresh or dried fruit
- High protein milk (tetra pak)
- Nuts paired with fresh or dried fruit
- Popcorn paired with nuts and seeds
- Yoghurts and yoghurt drinks (buy at destination)
- Fresh fruit (buy at destination)
- Cheese/ Cheese wheels with fruit/ crackers
- Hummus and vege sticks (buy at destination)
- Hard boiled eggs on crackers/ bread (take from breakfast buffet)

Make your own:
Savory Trail Mix
Wasabi peas/ salted peanuts
Almonds
Salted cashews
Mini pretzels/ salticracks

BARs

Bars can be filling and easy to pop into a travel bag - pick the right ones to suit your travel needs.

- High Energy - Jungle high energy bar, futurelife smart oats energy bar, futurelife energy, rush energy bar, PVM energy bar, kellogs, natures valley
- Protein Bar - futurelife protein bar, phytopro bar, futurelife repair food, bokomo pronutro high protein bar, USN protein bar, Grenade protein bar
- Lite Bar - Futurlife lite, repair food, jungle lite bar, smartbite bar, GNC lean bar

LIGHT MEALS

- Instant oats
- Ready to drink shakes - powdered shake mixed with water, futurelife, ensure
- Low sodium soup in a cup
- Rolls / breads with tuna sachets / cheese/ peanut butter

Here are some of our favorite dried fruits to pack:

Apricots (we love them paired with salted almonds!)
Figs
Mangos
Apples
Cranberries

GET IN TOUCH FOR CUSTOM
SNACK IDEAS

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Travel Snacking Guide

Our motto is: Never travel without Padkos & snacks! Just as traffic and weather are unpredictable when traveling, so is the snack selection. Some country's local or international-convenience stops are well-stocked with plenty of healthy items while others even in big cities, leave you with few nutritious options.

Plus, bringing your own food means you can avoid the over-priced airport and exchange rates! Healthy snacks can help nourish you and satisfy hunger between stops, especially if there are long stretches between meals. You might even find that by snacking well, you're less irritable (more stable moods and blood sugars) during those unpredictable delays.

Travel snacks need to be easily portable for road trips and airplane travel. Consider smaller packaged items, and repackage your snacks into 'days', using zip lock bags and labelling each bag, for easy grab and go convenience! Choose snacks that don't need to be refrigerated, are light in weight and are items you have tried and **ENJOY!**

Different types of snacks can suit different conditions. For example, hot weather do not carry items that will melt or spoil quickly. Go for smaller packaged items like nuts, cereal bars, shakes or even sweets can suit certain conditions. For colder weather conditions, you have little bit more leeway and freedom.

Here are some guidelines our Registered Dietitians (RDs) considered when suggesting snacks that get the green light:

- Primarily made with whole food ingredients (think: beans, nuts, seeds, fruits, veggies, whole grains).
- Any grain-containing items should be made with whole grains
- Controlled (if any) amounts of added sugar and sodium

Fresh produce, like an apple, banana, or some baby carrots are easy options to tuck into your travel bag. Fresh fruit off the breakfast buffet can help fill those hunger growls when you not just ready to eat a full meal yet!

NB: If you have a diagnosed health condition (diabetic, insulin resistance, hypertension, renal failure to mention a few), please get in touch with your dietician to formulate a customized snack plan for you.



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