



Traveling with a Plan

Traveling can be hard as you go place to place to find work. You may be on the road for long periods of time and away from family which may make it hard to keep a usual routine. When driving long distances, you will get hungry and want to grab foods that are quick and easy but eating well away from home can help prevent or delay type 2 diabetes. Learn to make healthy choices while on the road by planning ahead and staying physically active.

Keep these things in mind when you get on the road!

- Be prepared. Pack healthy snacks and foods to eat, like fresh fruits and vegetables like apples, oranges, carrots, and grapes. Think about packing sandwiches with peanut butter or cold cuts, or bean and egg tacos.
- Eat small snacks throughout the day to stay satisfied and be less hungry.
- Drink plenty of water to stay hydrated and keep you feeling full longer.
- When you stop for gas or take a break, walk around the parking lot and stretch your hips, lower back, neck, and shoulders. Stretching after a long car ride can help prevent pain and stiffness.
- If you plan to stop at restaurants along the way and have a smartphone, look up the menu ahead of time. Most fast food restaurants now offer healthy food options, so you can still stay on track.



Tips when eating at fast food restaurants:

- Drink water!
- Choose foods that are not fried and have lower amounts of fat, salt, or sugar.
- Choose meats that are steamed, roasted, or grilled.
- Choose sides with fresh ingredients like a small salad or fruit.
- Ask for condiments on the side such as salad dressing or ketchup.
- Order a smaller meal size or eat only part of it and take the rest to go.
- For a sweet treat at the end of the meal, try fruit, yogurt, or share a dessert with someone.

What would be the healthier choice from this menu?

(Circle one from each category to complete your order)



Remember, even one or two small changes can improve your health!

To find out if you are at risk for prediabetes, take a 1 minute online test at www.cdc.gov/prediabetes/takethetest or talk with your doctor. If you have prediabetes, ask to be referred to your nearest National Diabetes Prevention Program or look up a program at nccd.cdc.gov/DDT_DPRP/Registry.aspx. This program can help you and your family make healthy lifestyle changes and provides the support you need on your journey to a healthier you. For more tips on avoiding or delaying a type 2 diabetes, visit www.DiabetesEducator.org/prediabetes.