

Healthy Travel Snacks



Having a healthy snack is a good way to maintain a stable meal rhythm and avoid greater hunger sensations that often lead to impulsive, unhealthy eating.

However, remember that a snack is not a “must” in the daily nutritional intake and you should especially avoid constant snacking. Constant snacking is unhealthy, fattening, bad for the teeth, limits recovery for the digestive system, and prevents an anabolic state of metabolism. Aim to have 3-4 hour breaks between your meal and snack times.

*Healthy snacks
are good, but avoid
constant snacking*

What is a healthy snack?

The best snack is always “real food” and should include something fresh e.g. fruits, vegetables or berries with some good quality protein and/or fat source. Avoid having just a carbohydrate source on its own (bread, croissant, rice, etc.) and minimise sweet snacks (chocolate bars, sweets, cakes, etc.).

Protein is especially important for satiety, which means that you will feel full for longer, and it also helps to balance your blood sugar levels. When traveling, you may not be able to carry fresh snacks with you, but you will often find some good options from the airport.

Examples of good options:

- ✓ Fresh fruits and unsalted nuts
- ✓ Natural (unsweetened) yogurt with berries, fruits or nuts
- ✓ Small salad with a protein source (e.g. meat or eggs)
- ✓ An omelette, or eggs and vegetables in some other form
- ✓ A few pieces of dark chocolate (>75%) and unsalted nuts
- ✓ Hummus and vegetable sticks
- ✓ Soup with a protein source (eggs or some meat)
- ✓ Fresh juice with vegetables, some fruit, and chia seeds or a protein powder
- ✓ Overnight oats with chia seeds and berries



How about pre-packaged snacks?

Finding good quality pre-packaged snacks that you can take with you on your journey can be challenging. Many of the options available are very high in sugar, even if they are natural, or include no added sugar.

Unsalted and unsweetened nuts are a good option, which you may for example combine with fresh fruit at the airport or in the airplane. There are many types of snack bars available, but finding good ones is not that easy.

Tips that help you make good choices:

- ✓ The total calorie content of a snack should not be more than 150-250 kcal
- ✓ Sugar content should be as low as possible, aim for less than 10g/100g
- ✓ Carbohydrate to protein ratio should be a maximum of 4:1, but preferably 2:1 or equal
- ✓ Ensure that the snack serving gives at least 5-10 grams of protein
- ✓ Look for products with some fibre
- ✓ Choose products with minimal additives and low salt content, and avoid artificial sweeteners