

Traveling a lot over this holiday season? Make sure to stay on top of your nutrition along the way!



Hitting the road this holiday season?

Road trips are fun but they can take their toll on your body as well as your health. Between packing before you get on the road, traffic, sitting for prolonged hours in the car, and eating out each meal of the day, you can feel quite worn down once you get to your destination. Make sure you are taking time to supply your body with the nutrients it desires so when you arrive at your destination you are feeling great and ready to enjoy your time.

Choose Healthy Snack Options

7-Eleven Gas Station tested positive for healthy, fresh, fast food on the go. Obviously they still sell the classic gas station hot dogs, candy bars, and sweetened beverages. But 7-Eleven senior director of innovation partnered with Tony Horton, health and fitness executive whose DVD home workout series P90X has sold more than 4 million copies, in order to create better for you options when you're on the road. The new menu includes two sandwiches (including Grilled Chicken with blueberry mustard on a whole-grain sub); two salads (including Spicy Quinoa Salad with Chimichurri dressing); two wraps (including Spicy Black Bean Hummus & Vegetables); and four cold-pressed juices (including one that combines apple, celery, beet, ginger, parsley, spinach and lemon).

Top 10 Healthy Snack Options at 7-Eleven

1. Assorted nuts
2. Yogurt
3. Chocolate milk
4. Granola bars
5. String cheese sticks
6. Jerky sticks
7. Salami sticks
8. Bananas
9. Fresh fruit cup
10. Trail mix