

# “Rule of Three”

Find control when you travel and things get busy

1

## PROTEIN

### RX BAR

Turkey/Beef Jerky 2 oz

String cheese x 2-3

\*Dry Roasted Edamame

Orgain protein shake

Greek yogurt (Siggi's/Fage)

2

## FIBER

Fruit (Apple/Pear/Clementines)

Dried Fruit (Matt's Munchies)

Happy Tot/Happy Baby

Wasa fiber crackers

Veggie (carrots/snap peas/  
peppers)

\*Dry Roasted Edamame

3

## HEALTHY FAT

Nut Butter packet (Justin's)

Guacamole pack  
(Sabra/Whole Guacamole)

“Bodega pack” nuts  
1.25 oz almond/walnuts

Kind Bar

Olives (Oloves)

Hummus (Sabra)

*Your Choice*

## BRIDGE THE GAP!!

Finding control during busy times can be challenging. Do your best **not to let your environment control your health** by being prepared. Pass up less beneficial food choices for the foods you brought with you. Sit down - enjoy your foods until healthier options becomes available.

**DO:** Shop before you travel. Packing clothes, preparing notes, planning who will take care of the pets, and food shopping are all in the same.

**DO:** Continue to eat every 3-4 hours while traveling. Don't let timing sneak up on you!

**AVOID:** Restricting! Your "Rule of Three" foods should be eaten ALL together as a "meal" - it will support satiety and blood sugar control.

**DO:** Feel satisfied! A incredibly important thing to remember is that you should enjoy your food. If the food items you chose don't work for you lets find ones that do!

**DO:** Remain hydrated - traveling can dehydrate your body easily in an airplane cabin or if you're not on your usual hydration schedule.

**AVOID:** Getting to the airport or destination without being prepared. Plan to have four to five small “baggies” packed in your bag to turn to when needed.

**DO:** Find stores in airports or train stations that can provide these beneficial snack items. A Hudson News or Duane Reade can have these items available.

**DO:** Know these items may not be “low calorie” - however they can most definitely provide a healthier option than what may be available around you.

