



Healthy Holiday Travel (without overthinking it)

Holiday travel comes with its own brand of chaos: crowded terminals, long drives, gate changes that make no sense, and snacks you grab on autopilot while searching for an outlet. You don't need a big plan to stay on track, but a few small choices can keep you from feeling wiped out before you even arrive.

Bring one snack you actually like.

Travel days are unpredictable, and when you're surrounded by pastries, chips, and mystery snack boxes, having something reliable in your bag makes a real difference. A decent snack keeps your blood sugar steady and helps you avoid grabbing whatever is within arm's reach "just in case." Think apples, clementines, a homemade wrap, or something as simple as dates and nuts.

Eat something before you leave.

If your flight is at 6 a.m., you're not waking up to make avocado toast. But grabbing a banana, leftover oatmeal, or an energy bar you trust can keep you from getting overly hungry before you even get through security. Starting the day with something simple helps your appetite stay more predictable when your schedule isn't.

Stay ahead of thirst.

Whether you're flying or driving, by bus or by train, travel is dehydrating. Bring a refillable bottle, fill it before boarding, and sip regularly. And go easy on the salty snacks, as they make dehydration (and swollen fingers) a lot more obvious by the time you arrive.

Choose blood-sugar-friendly foods.

Your appetite cues get weird when you're sitting for hours, changing time zones, or eating at odd times. Snacks with fiber, healthy fats, and natural sweetness give you steadier energy without the spike-and-crash cycle that leaves you rummaging through your bag every 20 minutes.

Give yourself some room to enjoy the season.

Holiday meals happen. Special desserts happen. Long flights and longer road trips definitely happen. The goal isn't to be perfect. The goal is to have enough balance along the way that you can actually enjoy where you're going and who you're with. A few thoughtful choices help the indulgent moments land the way they should: fun, memorable, and not something you regret later.

No-Bake Travel Bars



These come together in minutes, hold up in a backpack, and taste way better than anything you'll find at a rest stop. Make them the night before your trip and cut into bars in the morning.

Ingredients:

- 1 ½ cups pitted Medjool dates
- 1 cup rolled oats (use certified gluten-free if needed)
- ½ cup sunflower seeds
- ¼ cup pumpkin seeds
- 2 tablespoons chia seeds or flaxseed meal
- 1–2 tablespoons maple syrup (optional, depending on how soft your dates are)
- Pinch of salt

Instructions:

Add the dates to a food processor and pulse until they form a sticky paste. Add the oats, seeds, and salt, and pulse again until everything starts to come together. If it seems dry, add a small splash of maple syrup.

Press the mixture firmly into a small dish lined with parchment (a loaf pan works well). Chill for at least an hour, then cut into bars. Wrap individually and throw in your travel bag!