# Healthy Snacks for Road Trips

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With most families on a budget, many are turning to good old fashioned **road trips** by car instead of more expensive vacations this summer. With gas prices lower than last year, piling the family into the car for a cross-country (or cross-state) vacation is a fun and affordable idea.

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When vacationing, you should be both budget-conscious and health-conscious when it comes to food. It's easy for kids (and adults) to fill up on chips, cookies and other snacks. Instead, try to think of healthy snacks.

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Registered Dietitian **Gloria Tsang**, founder of online nutrition community HealthCastle.com, provides us with these five simple, **healthy snack ideas**:

1. **Summer berries**: Berries are loaded with Vitamin C, folate, fiber and phytonutrients. Berries are easy to prepare: just wash and rinse, then throw them in a container or bag and you're ready to go.

2. **Low-fat/no-fat frozen yogurt bars**: What kid doesn't love ice cream? Low-fat and no-fat frozen yogurt bars are great alternatives that provide all the satisfaction for an average of only 100 calories (check the package for the brand you choose). All you've got to do is pack a cooler!

3. **Home-made trail mix with nuts and whole-grain cereals**: Tossing nuts with whole grain breakfast cereals is a perfect way to create heart-healthy trail mix. Nuts are an excellent source of protein, fiber, phytonutrients and antioxidants. Give each kid their own bag and let them munch away.

4. **Granola bars**: If making your own trail mix sounds like too much work, check out your grocery store's selection of granola bars. But choose carefully, as some can be loaded with fat and sugar. Look for bars that have at least 3 g of fiber and 5 g of protein.

5. **Popcorn**: Popcorn is a perfect portable snack to munch on in the car. A standard three-cup serving of air-popped popcorn contains just 93 calories and less than 1.5 grams of fat. If you prefer microwave popcorn, avoid the "buttery" or "caramel" flavors that may be loaded with calories, sugar, and trans fat.

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