

Justin's®

SHAPE®

“Step 1. First, I look through my entire travel itinerary and think through every meal.

...My typical go-to options include:

Nuts and seeds or squeeze packets of natural nut butter like Justin's...”

-Cynthia Sass, MPH, RD, August 2011



3 Steps To Healthy Eating While You Travel

By Cynthia Sass, MPH, RD



See the full article at:

<http://www.shape.com/lifestyle/fit-getaways/3-steps-healthy-eating-while-you-travel>