



Be Healthy, Be Active, Be Inspired



## Healthy eating on the go

As a mom, Picabo Street is challenged with raising a family with healthy food habits. As a world class athlete, Picabo knows the importance of good nutrition.

So how does she keep her family eating healthy while on the go? Picabo shares tips on how she prepares for healthy eating — no matter where the family is headed.

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### Foods to eat:

- Snap peas
- Carrots
- Cheese sticks
- Rotisserie chicken
- Hummus
- Granola bars

### How to prepare:

- Eat healthy at home
- Review your grocery list
- Plan ahead for grab-and-go food
- Find a fast meal at the grocery store
- Prepare with a cooler, and to-go storage

be healthy tips

