

✈️ Healthy Travel Snacks Checklist

(Dietitian-Approved & TSA-Friendly)

✅ Protein-Packed

- ☐ Mixed nuts (almonds, walnuts, cashews)
- ☐ Nut butter packets (almond, peanut)
- ☐ Beef/turkey jerky (low-sodium)
- ☐ Roasted chickpeas or edamame
- ☐ Hard-boiled eggs (peeled)

✅ Fiber & Fruits

- ☐ Fresh fruit (apples, bananas, oranges)
- ☐ Dried fruit (no sugar added)
- ☐ Veggie sticks (carrots, bell peppers)
- ☐ Whole-grain crackers
- ☐ Popcorn (air-popped)

✅ Hydration Helpers

- ☐ Coconut water packets
- ☐ Electrolyte tablets (to add to water)
- ☐ Cucumber/celery sticks

✅ Shelf-Stable Essentials

- ☐ Protein bars (RXBAR, KIND)
- ☐ Trail mix (DIY preferred)

- ☐ Dark chocolate (70%+)
- ☐ Oatmeal cups (add hot water)
- ☐ Seaweed snacks

TSA Reminders

- No liquids/gels over 3.4 oz (100ml)
- Avoid messy/spicy foods
- Pack in clear, reusable containers



Notes:
