



杭州康纯进出口贸易有限公司

HANGZHOU COMTRUE TRADING CO., LTD

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## Hangzhou Comtrue- Summer Trip Tips

Vegetables and Fruits Supplier, Bean products Distributor, Canned and Fresh foods Wholesaler or OEM Service factory-Hangzhou Comtrue Trading Co.,Ltd.

### Think Tasty and Safety

Just because you're on vacation doesn't mean you have to throw out healthful eating habits. Whether you're heading to the beach, ballpark, campground or just going wherever the road leads you, here are few tips to keep you healthy and happy on your adventure.

#### Eat Right

Treat yourself with healthy, on-the-go snacks, such as vegetables, whole-grain crackers, trail mix or raw or dry-roasted nuts. Fresh fruit including bananas, apples and pears, or even boxed raisins, are also convenient snacks.

#### Keep Cool

If you travel with perishable foods, be sure to properly pack a cooler with plenty of ice. The cooler must be kept at 40°F or cooler, so put a refrigerator thermometer in the cooler to check the temperature and refresh ice as needed. To help keep the cooler cold on hot days, travel with it in the car rather than the over-heated trunk, and store it in shade if possible.

But before you begin packing, remember to sanitize the cooler with a bleach solution and thoroughly clean totes and lunch boxes with warm, soapy water.

#### Fire Up the Grill

If grilling, toss veggie kabobs or Portobello burgers on the grill for a healthy and colorful alternative. And when grilling meat, remember to take a few precautions to reduce your risk of food poisoning.

- Don't allow frozen meat to thaw in the sun. Defrosting in a refrigerator or microwave are the only safe options.
- Keep ready-to-eat foods separate from raw meat and poultry by using separate plates and utensils.
- Use a food thermometer to ensure meat has reached a safe minimum internal temperature (ground meat 160°F; steaks 145°F and chicken 165°F, and let rest for 3 minutes).

For a full listing of safe cooking temperatures and other tips, visit [HomeFoodSafety.org](http://HomeFoodSafety.org).

#### Hydrate Right

Drink plenty of water throughout the day. For a flavorful, fresh twist, add strawberries and lemon or blueberries and lime to iced water.

See more tips on healthy summer foods and find a registered dietitian nutritionist near you.