

## Travel Food Choices

Travelling as a part of the work schedule can have many ramifications concerning eating healthy. Most business travelers complain of weight gain as a side effect of their job description. Others contend that they have developed digestive issues among other related health matters because they simply cannot eat healthy on the road. Most reasons for the lack of poor food choices while travelling is merely due to lack in knowing what options an individual may have that they have not considered before. The following will explain some tips on healthy travel food choices that may relieve the difficulties of eating on the road.

First, if one is a frequent flyer versus someone who drives, eating nutritious may be a bit trickier depending on the length of travel. Suggestions for both parties of voyagers would be to bring dry goods on there person such as nuts, seeds, sulfite free dried fruits, baby cans of chicken or turkey, rice crackers, and nutrient dense snack bars. Ideas to look for regarding bars are those that do not contain hydrogenated oils, casein, sugar, hydrolyzed proteins or mono & di-glycerides. Wholesome organic fruit and nut bars are a safer choice and can be found in health food stores before travel and in some regular grocery chain stores in the nutrition isle. Fruit is also easy to carry and comes wrapped in its own packaging. A person should consume a combination of a bar or nuts and fruit every three hours to stabilize blood sugar and to prevent eating excessively at the next meal. Three meals can fit into a purse or brief case and can cover a traveler for up to nine hours before other food sources become present. Water may be problematic with air travel but one may still bring eight ounces for consumption on a plane and purchase bottled water once aboard.

Second, the car trekkers have the more opportune task of packing their meals in a cooler. This requires preparation the eve before the journey and can include similar suggestions mentioned or kept on ice. Additional options for car travel include turkey sandwiches on flour less bread, low salt turkey or chicken meat, prepackaged one-ounce mozzarella cheeses, vegetables such as Jicama, bell peppers, celery, carrots, cherry tomatoes, gluten free crackers, cooked sweet potatoes or yams and just about anything one can think of to take along in addition to clean drinking water. Restaurant eating can be a challenge depending on where someone is dining. Today most restaurants and dining places will accompany most special orders. Foods to order at a restaurant include grilled chicken or fish with no added fat or oils, steamed or grilled vegetables, rice pilaf, baked potatoes and salad with light dressing or olive oil on the side. Travel food choices may pose a problem but understanding ones options while travelling can remedy the conditions with a little knowledge and some food preparation.

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