

EATING OUT AND TRAVELING

Traveling can disrupt our body rhythms, our schedules and environmental stability. Eating unhealthy food can make the traveling experience a lot worse.

Travel Tips:

- Advise the hosts of your dietary preferences. People are generally accommodating, and they appreciate knowing how to help or please you.
- Take food with you. Dried soup cups, healthy snack bars, fruit, etc., will keep you from purchasing unhealthy foods in airports and hotel machines.
- Ask the concierge in the hotel for recommendations to healthy restaurants.

When Eating At Any Restaurant:

- Don't arrive exceptionally hungry, you'll be more inclined to eat more. If a late dinner is planned, consider eating a small salad or piece of fruit or ½ sandwich to avoid level 3 hunger at dinner.
- Order last. You will be less pressured to order differently from others at the table.
- Healthy side dishes can be excellent entrees.
- You don't have to drink alcohol. If you have soda water or something similar, people will not try to get you to drink something.
- Request that cheese be omitted whenever possible.
- Restaurant portions are huge! Often one dish is enough to feed two people. Divide your food in half and take half home, or divide one entrée with a dinner companion.
- When you get your plate, divide each item on your plate in half. Then ask for a doggie bag and put those halves in the bag. You'll be less tempted to eat the whole plate of food at one sitting
- Chinese food is often assumed to be healthy, but in the U.S., it's often prepared with fat and oil. Question how the food is prepared and ask for it to be prepared without the oil and fat.

Buffet Eating:

- Walk through the line and survey which foods you think are most desirable and put them on your plate. Next chose the second most desirable, and so on, until you have filled your plate. Take only the items you really want. Walk away from the table. When finished put your plate down, or throw it away if it's paper.
- Do the same thing with the dessert table. Select the one thing you cannot live without and eat that first. An alternative when dining with a group is to have everyone get a different dessert and share.

Salad Bars:

- Start with leafy greens (darker ones). Choose healthy toppings, minimizing the high-fat/calorie selections. Select low-fat dressings and use them sparingly. Each tablespoon of regular dressing TRIPPLES a salad's calories. Limit the carbohydrates you select (i.e. potato with bacon bits, etc.).