

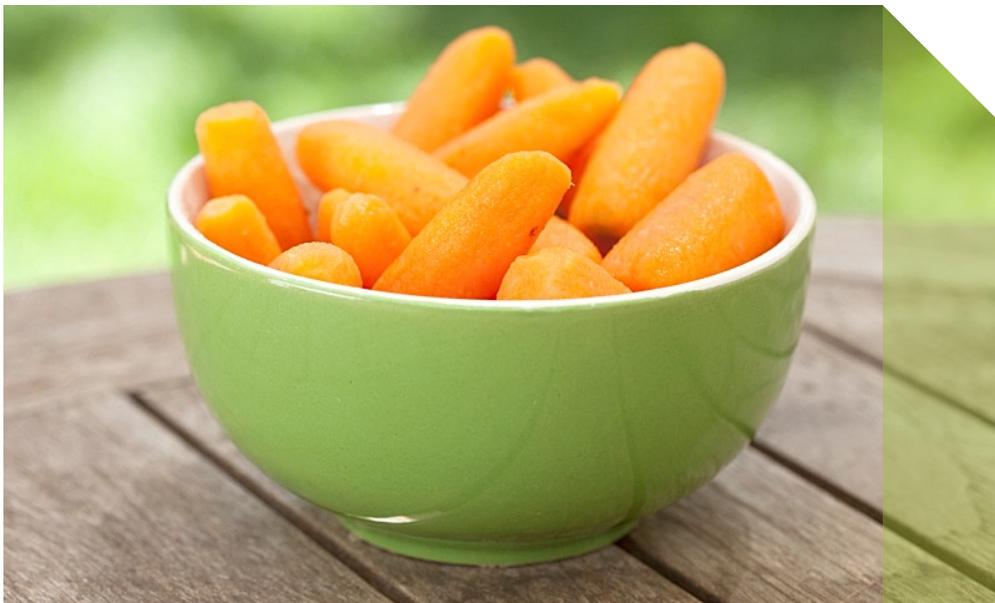
Nutrition to Go

In a perfect world—well at least nutritionally speaking—every meal would be prepared by our own hands (or better yet, someone else's) in our own kitchens, using a variety of the finest, freshest, most nutritious ingredients available. But, in a society whose citizens spent more than \$500 million on food away from home in 2008, we know that's a far cry from reality.

We all travel for one reason or another, and when on the road, we're often presented with challenges to eating healthfully that are different from those we face in the comfort of our own homes. Learning to handle some of these difficulties may ensure you'll wear the same size clothing when you get home as you did when you left. Following are strategies for handling common scenarios on the road:

● **You're staying with family or friends and don't want to be rude or hurt their feelings by not eating the food they prepare.**

Ask for double helpings of any salad or veggies that may be served and eat a smaller amount of the entrée. Or, if you can, dish out a small portion for yourself. If possible, as a thank-you, offer



PACK-AND-GO FOODS

Here are some ideas from all the food groups that you can pack as healthy nonperishable snacks or eat to fill in the gaps perhaps left by eating out often:

Motts no-sugar-added applesauce cups

Reduced-fat cheese sticks (only if refrigeration is available)

Parmalat milk

Nuts—all kinds: peanuts, walnuts, almonds, pistachios

Dried fruit

A small jar of peanut butter

Whole grain crackers

Baby carrots

Terra Vegetable Chips (made from real veggies but portion control is still necessary)

Trader Joe's Lightly Salted Crunchy Green Beans

to cook a meal or two during your visit and make those more healthful dishes you would likely eat at home.

● **You're not following your usual routine and it's causing you to miss meals and eat at unusual times.** Pack some portable snacks and set your alarm for every three hours—your watch, phone, BlackBerry, whatever you've got. This reminder to have a little nibble will help you eat more regularly and prevent you from being so hungry when you do get to a meal that you gorge yourself.

● **You're staying in a hotel with no access to a kitchen.** Take advantage of the mini fridge. Use it to stash yogurts, fresh fruits, and veggies. This will let you start your day with a nutritious breakfast and/or have some healthy snacks throughout the day.

● **You're staying in a hotel or condo with a kitchenette but don't want to buy a lot of seasonings and ingredients to make healthy meals for just a few days and end up with a bunch of leftovers.** Plan healthy meals you can create from convenience foods, such as lasagna, spaghetti, or bagged salad topped with pregrilled chicken strips. You can also pack a couple of your favorite spices to help you turn some chicken, green beans, and a bag of 90-second brown rice into a dinner of Italian grilled chicken, seasoned green beans, and steamed brown rice.

● **You may wind up relying on restaurants for all your meals.** Depending on the length of your trip, allow yourself one or two splurges. Otherwise, be sure to order a simple garden salad with a vinaigrette before your meal to help fill you up, substitute vegetables for French fries, and consider sharing an entrée with a companion or find out if the restaurant offers half portions. (The half portions are more common at lunch.) ♣

— Heidi McIndoo, MS, RD, LDN

AN ON-THE-ROAD EXTRA

Be more active by trying one of the following:

Make use of the pool or gym at your hotel.

Plan one or more vacation activities that require you to move—a walk or hike through a local park, walking tours, or a big museum where you can spend a lot of time walking.

Instead of sleeping in an hour or more past your usual morning alarm, give yourself an extra 30 minutes of sleep and use the other 30 minutes to take a brisk walk.

