



Tara's 10 Tidbits for Traveling

- 1. When traveling it is very important to keep structure when it comes to eating healthy and making healthy choices. Ensure you eat every 2-3 hours. Do not skip any meals and be sure to have your healthy snacks in between. If supper is going to be later than usual then just eat an extra snack to tie you over.**
- 2. Start your day off on the right foot by eating a healthy breakfast. Make sure you have protein – even a boiled egg with the yolk removed provides much needed protein for the busy day ahead.**
- 3. Drink plenty of water – make sure you have a water bottle with you and keep yourself well hydrated.**
- 4. Once you get settled into your room check the area for markets or convenience stores where you can avail of fresh fruit. Go everyday if you can to get the freshest selections.**
- 5. If you fall off the wagon at one meal then don't wait until the next day to jump back on – make sure you jump back on and start making healthy choices at your next meal. Your body will thank you in the long run.**
- 6. Balanced Meals are of utmost importance. Portion control and eating the right amount of protein and veggies are a sure way to help you stay on track and avoid temptations and late night snacks.**
- 7. Exercise!! Go for an early morning walk or run. Go for a swim. Go Dancing!! Enjoy the activity - but be ACTIVE!!**
- 8. Avoid eating high fat, high sugar foods that will make you lethargic and will only increase your appetite later in the day. Choose foods that give you energy to enjoy your holiday – veggies, fruit and protein!!**
- 9. Most importantly get plenty of rest – don't burn the candle at both ends or you will burn yourself out before your holiday is over.**
- 10. Alcohol – enjoy in Moderation. Choose light beer, light coolers, dry red wine. Vodka, gin (mixed with pop or water.)**

HAVE FUN!!

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