

Travel Foods

Foods to carry with you while traveling:

- 1) PROTEINS:
 - a. PROTEIN BARS
 - b. PROTEIN POWDER
 - c. LF STRING CHEESE, INDIVIDUALLY WRAPPED
 - d. FOIL PACKED TUNA OR SALMON STEAKS (PRECOOKED AND SEASONED, FOUND IN THE TUNA SECTION)
 - e. TURKEY JERKY (OR SOY OR BEEF JERKY)
- 2) CARBS:
 - a. PRETZELS
 - b. BAKED CHIPS
 - c. DRIED FRUIT
 - d. RITZ 100 CALORIE SNACK MIX BAGS
- 3) FATS:
 - a. NUTS
 - b. TRAIL MIX
 - c. INDIVIDUAL PEANUT BUTTER PACKETS (WHOLE FOODS)

Travel Tips

- 1) Try to stay on your meal times! This is especially hard when traveling for work, conferences, or staying with family or friends. Most people don't eat every 4 hours. If you can't be completely accurate on your portion sizes, at least try to balance your food choices out so you don't miss anything important (make sure you have some complete lean protein source and a little bit of fat, along with the carbs in each meal)
- 2) Eat breakfast within an hour of waking. Make sure your breakfast has some protein in it. Most hotels and chain restaurants offer egg substitute or egg whites as a heart healthy option, yogurt, cottage cheese, milk, and lean breakfast meats. (The hardest thing is usually lean protein at breakfast; worst case scenario, you can throw some protein powder in milk, yogurt or juice and then eat the rest of the carbs and the fat for your meal)...
- 3) Don't miss an afternoon snack; this will help avoid the desire to overdo it at dinner time. Don't try to "save calories" or "save carbs" until dinner time. This is a double whammy for fat storage. These concepts only cause you to have a larger appetite and make it more difficult to make good food choices or pay attention to meal volume at night.
- 4) Use bars and the "truck stop meal" as often as necessary to stay on your meal times. If you're grabbing fast food, get the same thing to go, so you have another meal for 3-4 hours later if necessary.
- 5) In order to incorporate alcohol with the least impact on your body composition, replace the carbs at the dinner meal with the cocktail. Each light beer, small glass of wine or shot of alcohol is worth about 100 – 150 calories in carbs. Each large beer or glass of wine, or large shot is worth about 150 – 200 calories in carbs. If you substitute the potato, rice, pasta or bread with the alcohol, you will minimize the impact of the alcohol on your bodyfat. Although this is not a sound nutrition practice in general, it may help you stay on track while traveling. An example may be a piece of grilled fish or chicken, steamed veges, a salad with a tablespoon of dressing and a glass of wine or beer. You can do the same thing with dessert, but try to minimize or eliminate both the carbs and fat in the meal. An example may be a small dessert instead of the alcohol.
- 6) Try to eat out at places that you know or can look up on the internet ahead of time. All restaurant chains have nutritional breakdowns listed for you.
- 7) If you are trying different types of foods you don't normally eat at home, sample them before you dive in. Make sure each thing is completely worth it, so that if you do add a couple of extra pounds on, you can look back with less regret and remember the complete enjoyment of the meal!
- 8) Although you may not be able to get your normal cardio routine in on the road, some type of cardiovascular exercise can make a big difference. Most hotels have a small room with basic equipment, and have routes planned out in the area for runners and walkers. If possible, plan on using your feet while on your trip. At the very least, opt to walk instead of hopping in a car or taxi whenever possible. Any activity you can do can help. If highly motivated, you can add in some basic maintenance weight training as well.