

Traveling and Eating Healthy

Eating healthy is always a challenge we face every day. Traveling on the road to your next assignment only adds to the challenge. By eating healthy, I basically mean eating foods low in fat and not overly processed. It's ironic that high fat processed foods are the basic foods of the American diet.

Did you ever see the movie/documentary called "Super Size It?" A healthy guy sets out to eat every meal at McDonalds for 30 days while he is monitored closely by a few doctors. During this time, he gains several pounds and his health declines at an alarming rate. After a few weeks, the doctors begin to advise him to stop the plan, but he continues on. After watching this you never want to logically eat fast food again.

Then comes reality. You are on the road driving to your next assignment and trying to make time. Perhaps you don't want to go through the time and expense of finding and stopping at a semi-healthy restaurant along the way. What are some simple tips to keep things a little healthier?

You can take a little time before you begin your trip by packing a small bag of non-refrigerated healthy items that you can eat for snacks along the way. Don't worry, you can still make plenty of stops along the way. You'll have to stop several times just to go to the restroom after drinking all that water (another tip). Some travelers suggest bringing brown rice, crackers, almonds or sunflower seeds, dried fruit, quality replacement bars, fresh cut veggies and plenty of bottled water.

Also, when you do stop for that fast food meal, see if you can drum up what it takes to order one of their more healthy options from the menu for at least one of your meals. You may want to check out this book called *Health Highways: Traveler guide to healthy eating* by Nikki Goldbeck and David Goldbeck in 2004.

Finally, regardless what you order, don't wait longer than two hours to eat your food. After two hours bacteria begins to multiply fast and you could get sick.

Have you ever been sick like that on a trip? I have. It was no fun. So do your best to have fun and stay healthy too.

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