

## How to Eat a Healthy Diet While Traveling

By Anke Johnson

- Take a stash of healthful snacks everywhere you go and don't allow yourself to get ravenous. For instance, nuts (preferably raw and unsalted), fruit and veggies, dried fruit, whole grain crackers, well balanced nutrition bars (protein based) like Lara Bars, Shaklee Multi Munch bars are very portable and even airport and seminar friendly! The nuts and the bars provide appetite reducing protein that fuels your body with energy and mental clarity while helping your metabolism charge on.
- Bring with you a powdered or portable protein drink or shake. Shaklee's Energizing Soy Protein is a great example. This is a great way to pass by the hotels continental breakfast pastries in the morning, and once again gives your body the proper fuel it needs to start the day.
- When you first arrive at your destination, take a trip to the local grocery store or market. Stock up on the healthy snacks mentioned above so you're ready with your amory of healthy foods first thing the next morning after your arrival.
- Always have purified or spring water at hand. It keeps you feeling full, plus gives you the hydration you need when in dry hotels and seminar rooms, as well as airports. Staying hydrated also helps keep your mucous membranes moist which helps your immune system fight off potential illness from virus and bacteria.
- When you're on the road, do your workout routine first thing, so you won't get derailed or find yourself too tired for it later in the day.
- Remove temptation by not taking the hotel mini-bar key when you check in, or just ignore it or put a piece of tape across the door. Besides being very expensive and overpriced, the contents are almost always unhealthy choices that slow you down.
- Bring your supplements and take them, especially your multi, extra C, E and B complex! Your supplements are your best friends when traveling. They fill in the nutritional gaps that almost always occur when eating out in restaurants. They also help with the added stressors of travel. You may also consider digestive enzymes and probiotics that will help with any traveling digestive upsets. Immune supporters such as Echinacea and Goldenseal are also valuable in boosting your immune system when in contact with so many people in foreign areas.
- Bring tea bags for both energy and sleep. There's nothing more comforting than getting back to your hotel room, finishing off the daily work while sipping warm chamomile, mint or Sleepy Time tea. It will help your body reduce the days stress, unwind and set you up for a good deep night's sleep. For energy, drink green or white teas instead of coffee.
- Breathe. There's nothing more simple and valuable than deep breathing. Deep breathing allows our body's cells to regenerate and build energy, while giving ourselves that extra energy boost and feeling of calm to guide us through the stressful rigors of traveling.