

EATING WELL WHILE TRAVELLING



Plan & Prepare



A holiday with well planned meals and snacks will help you to stick to your budget and eat healthier throughout the trip.

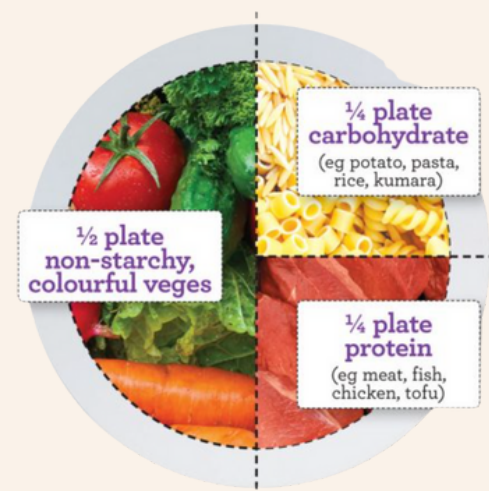
- **Think about your day in advance** - figure out where along the trip you can have meals and snacks, rather than just eating at every opportunity presented to you or having no plan that leaves you at the mercy of whatever the next food outlet happens to be.
- **Plan meals and snacks out for the trip**
 - Think about what you can prepare at home before you leave, the healthier foods you can pack to take with you, and where food outlets are located along the way
 - Have a nutritious and satisfying breakfast before you leave: porridge with fruit, wholegrain toast with nut butter and a pottle of yoghurt, or scrambled eggs on toast if you have time.
 - If time is an issue, what can you prepare the night before e.g. overnight oats that can be topped with yoghurt and fruit right before you leave, wholemeal breakfast sandwiches with scrambled egg and your choice of veg (e.g. spinach and tomato).
- **Think about the cooking facilities available at your accomodation and what can you pick up from the supermarket that is easy to prepare:**
 - Roast meat with a pre-prepared salad (avoid the creamy dressings where possible as these are higher in saturated fats)
 - Sandwiches - either ready made or make your own
 - Sushi

RESEARCH LOCAL RESTAURANTS AND EATERIES



Finding out what local restaurants are available and what they offer can help you to plan a healthier meal ahead of time.

- Check out menus ahead of time if they're online and decide in advance what you will have. See if restaurants offer sharing plates - you'll be able to try cuisines and add variety to your meals.
- Choose outlets that offer a range of proteins, carbs and vegetables rather than fast food outlets:
 - Italian
 - Mexican
 - Japanese
 - Sandwich/salad bars
- Create a healthier meal by having a big portion of steamed veg or salad, and limited deep fried foods and creamy sauces and dressings.
- Be portion savvy - aim to have meals that follow the healthy portion plate
 - Stop eating when you are satisfied and take home any leftovers to eat the next day.
 - Limit extras such as bread, butter, and creamy sauces like aioli, mayo and sour cream.
- Order a side of vegetables or salad for the table
- If you are wanting a tasty drink opt for low or zero sugar drinks - ask for a slice of lemon or lime to add to your water for flavour, or replace half your juice with still or sparkling water.



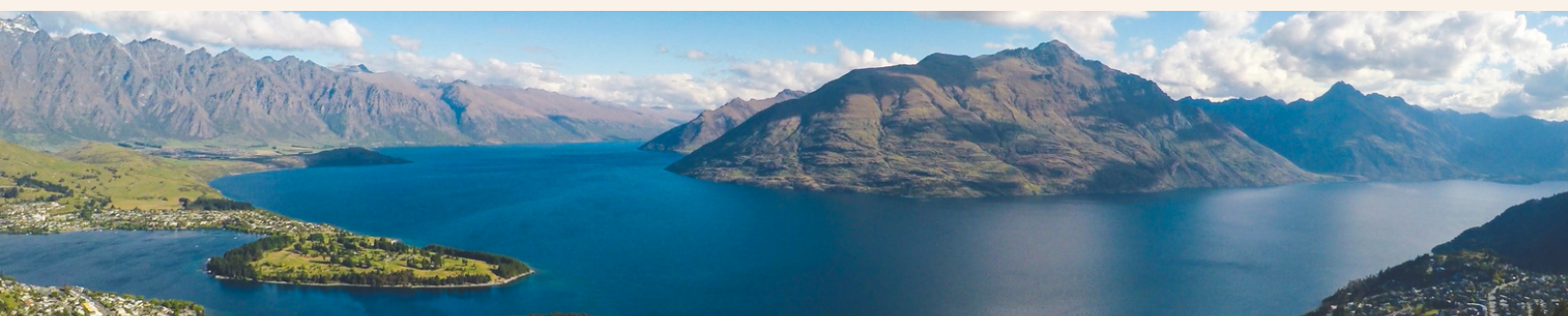
PACK SUPPLIES FROM HOME



In order to be able to cook healthy meals at your accommodation it might be a good idea to bring some supplies from home if you have room in the car. It is worth asking what supplies can be found where you are staying so you know what you have to cook with and what you may need to bring. Bringing supplies from home will also help you stick to your budget.

Here is a list of items to consider:

- Salt and pepper
- Your favourite spices from home
- Sauces (try to use reduced salt and reduced sugar where possible, and avoid creamy sauces)
- Cooking oil e.g. olive oil, canola oil, sunflower oil
- Tea and coffee
- Portable cooking equipment e.g. smoothie maker, electric fry pan
- Can opener
- Bottle opener
- Cooking utensils e.g. sharp knife, chopping board, spatula, tongs
- Ice packs to keep food cold on the road (if there is a freezer where you are staying)
- Food wraps/containers e.g. sandwich bags, beeswax wraps and plastic containers to make it easier to prepare and transport snacks or meals



OTHER CONSIDERATIONS FOR BALANCE WHILE TRAVELLING



- Order a main meal when you eat out rather than a three-course meal
- Stick to one alcoholic drink (or none!)
- Keep your daily step count up - choose a carpark where you have to walk a little bit to your destination, try to take the stairs instead of the elevator where possible
- Choose not to have snacks on short haul flights
- Choose a single breakfast option from the menu rather than the all-you-can-eat breakfast buffet
- If you want dessert and you are with friends or family, opt to share one plate between the table
- Try to stick to a normal sleep routine while on holiday

TIPS FOR TRAVEL INVOLVING FLYING



- Eat something nutritious before you fly - airports can be stressful which may lead you to pick something unhealthy that won't keep you full for long
- Airports can be filled with food outlets with items laden with fat, sugar and salt, and deep fried items - find out what is available at your airport and decide whether you need to pack your own food or eat before you go
- Try to stick to your usual eating routine when flying and travelling through airports for connecting flights - this will help you to avoid eating for the sake of it

HEALTHY SNACK IDEAS FOR TRAVEL



Snacks can be hard to keep cold or fresh while travelling. If you have space, keep an icepack in a cooler bag in the car. Snacks that are kept fresh or cold are more appealing to eat. Packing single serves of snacks keeps them fresher for longer and will prevent overeating.

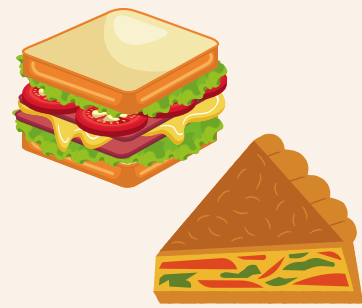
- Piece of fruit
- Small portions of nuts, seeds or trail mix
- Cheese and crackers
- Popcorn (lightly seasoned)
- Nut or muesli bar
- Carrot, cucumber or celery sticks
- Home made muesli bars - slice up and put into single serve containers or wrap in clingfilm or beeswax wraps.

TIPS

- **Keep snacks in the glove box, car door or your day bag for easy access**
- **Only take the snacks you need to keep hunger at bay - eating while distracted can lead to overeating**
- **Portion control your snacks to avoid accidentally eating too much**
- **Keep plenty of water in your bag and in the car - add ice and sliced fruit for added flavour**

Carrying around several days' worth of snacks might not be practical. If this is the case, swing by the supermarket in the morning before your activities. Research what foods the local supermarket stocks so you know what you will buy when you get there.

HEALTHIER OPTIONS



Takeaway options

- Sandwich/pita/salad bars
- Sushi and sashimi
- Poke bowl, donburi bowl or burrito bowl
- Greek/Lebanese/Turkish e.g. kebab skewers + veg + rice
- Stir-fry with protein (chicken, beef, tofu etc) + lots of veg

Service station or airport

- Sandwich or wrap
- Granola pot
- Yoghurt or a small smoothie
- Frittata or egg bake
- Pasta or rice pots
- Nuts, seeds or trail mix
- Plain popcorn
- Piece of fruit or fruit salad
- Cheese and crackers

In the car

- Nuts, seeds or trail mix
- Plain popcorn or roasted chickpeas
- Piece of fruit or fruit salad
- Cheese and crackers

Remember: you get to set the rules and with a little bit of thought, it is possible to eat with balance, even when you don't have all the comforts of home.