

Ways to Eat Healthy and Mindfully While on Business Travel

Meeting professionals travel extensively and while traveling they are enticed by many new and often complementary food options at receptions, working dinners and events they plan. Additionally, they work long hours, eat at irregular hours, and don't always make healthy choices when on the run.

Here are some ways to eat healthy and stay energized throughout your travels and long workdays:

Departure Day:

- Front load your day with a healthy breakfast of fiber and protein (e.g. hot cereal with Greek yogurt, chia seeds and fruit) to enhance mental alertness.
- Pack 2 different fruit and vegetable snacks to keep your blood sugar steady during the day.
- Pack non-perishable foods in your briefcase (apples, bananas, nuts, seeds, dried fruit, protein powder).
- Remain fueled during the day with lunch (no meal skipping).

At the airport:

- If you are unable to pack snacks, coffee shops typically have bananas and apples.
- Look for yogurt, individually wrapped cheese, vegetables and dip, small packs of nuts, fruit and nut bars (e.g., Laraba, Kind and Quest bars).
- Have a fruit smoothie made with yogurt or a soymilk latte.

On the airplane:

- Dried fruit mix
- Whole grain crackers and cheese or hummus
- Fruit or vegetable and cheese plate
- Almonds
- Dark chocolate
- Chicken or turkey wrap



During the Workday:

- When we're busy, we often skip meals, drink lots of coffee and snack throughout the day as quick "pick-me-ups." Simple carbs (sugars, sodas, white flours, snack foods) are absorbed into the bloodstream very quickly causing blood sugars to spike and then drop. The result: mental fatigue and brain foginess. Here are some ways to stay energized throughout the day:
 - Eat every 3-4 hours, even if you are in meetings all day.
 - Go whole with whole grains (brown breads, cereals, pasta, rice) instead of white sugar and flour energy zappers.
 - Drink 8 cups of water to keep hydrated throughout the day.
 - Moderate coffee – drink herbal tea and water instead.
 - Fit fiber (beans, lentils, fruits and vegetables) into your snacks and meals to keep blood sugars steady.
 - Pack in protein (fish, chicken, eggs, legumes) throughout your day to boost memory and concentration.
 - Savor superfoods (blueberries, asparagus, broccoli, sweet potato, low fat dairy, dark chocolate) to boost memory and alertness.
 - Integrate unsaturated ("good") fats (nuts, seeds, avocados, salmon) to build healthy brains and sharp minds.

At working dinners:

- Order an appetizer size main course or share a main course serving.
- Keep the dinner meal equal in size to breakfast and lunch rather than feasting like a king or queen before bedtime.
- Be particular when ordering. Don't be afraid to ask for substitutions (vegetables instead of fries).
- Follow your usual eating pattern. Don't sway from your healthy habits just because you're away from home.
- Moderate alcohol or substitute for water with a slice of lemon or lime.
- Skip dessert or take only a bite (or two) to savor your sweet tooth before setting the plate aside.

Room Service:

- Order a fruit and cheese plate or a chicken or turkey wrap.
- Trouble falling asleep at the end of the day? Try whole grains with small amounts of protein and calcium to improve sleep (e.g., Greek yogurt with almonds, cheese and crackers).

by Dr. Kim, President & Chief Exercise Officer, Exercise Bytes, Inc.