

Good Nutrition Habits When Traveling Overseas

Science of dining and travel correlates with each to create long-lasting impacts on your health. Your passion for traveling or business tour should not turn you into the “man, who is a hospital.” Traveling is incredible, but it can create hectic and harmful impacts on your health when you’re continuously on the go. According to CNN, research shows that one who travels for business for more than two times in a month has higher rates of obesity as compared to those who travel less.

Apart from the good things of your business tour, many people end up with unwanted weight gain or weight loss after their trip. Due to the unbalanced diet, there are more chances of Diarrhea, blisters, Respiratory infections, and jet lag after every business or formal travel. It is estimated that over 40% of travelers would undergo Diarrhea known as “traveler’s Diarrhea. **Here are some habits and tips for finding the middle ground between memorable travel and nutrition game.**

Prepare for travel:

You may read the famous quotation, “if you are failing to prepare, then you are preparing to fail.” It sounds perfect for traveling also. For the preparation of healthy travel, you need to do the following things;

- Make sure that a medical checkup clears your fitness.
- Get the vaccination you need or other travel vaccinations. (depending upon the country, compulsory medicine may comprise those against Hepatitis A, Yellow Fever)
- Develop a proper plan for dining. (Your craving for food should not turn you un-healthy)
- Start preparation one week before travel.

Avoid unhealthy food craving:

Unhealthy food temptation can be avoided by drinking fresh water. It helps our body to be energetic with less desire for food. There will be several dining options in your travel, saying “yes” to all will turn you bloated, irritable and tired.

- Drink enough water.
- Eat freshly cooked foods.
- Keep a small box of yogurt to say good-bye to your appetite.
- Travelers should always eat from the recommended places.
- Fruits and vegetables with good packing, well-cooked foods can also be used.

Consumption of food with caution is significant for the health of travelers. **Here are some tips to follow from your car to the hotel room to get back yourself healthy and without any disease.**

In the car:

On your trip, vendors will be there with the easiest availability of junk food to make you unhealthy, but you need to avoid them by eating fruits, vegetables, and yogurt.

On the plane:

Low-nutritious food items are widespread even in the business class f aircraft. So you should always plan to keep yourself on the healthiest track. Traveling with a source of protein and one litter water can help you to avoid dehydration, fatigue, and hunger. One can use rice cakes with almond butter and fruits on the aircraft as the better nutritious option.

At the hotel:

Staying a night at the hotel is a good idea, and filling your hotel room’s refrigerator by milk, butter, and snacks to fulfill late-night craving is the healthier option too.

Dinning:

One should be confident enough to ask for healthy dining options depending upon the availability. Steamed vegetables, Brown rice, Wholegrain pasta, Egg salad are the most robust options.

Overall Nutrition:

The imbalance diet imparts devastating impacts on the humane immune system. So you should take the well-balanced diet; proteins, eggs, nuts, yogurt, fruits, vegetables, and plenty of water should use.