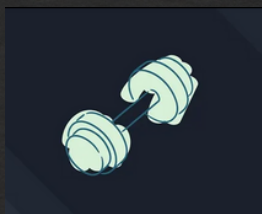


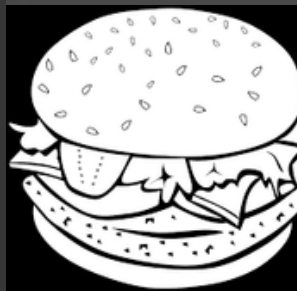
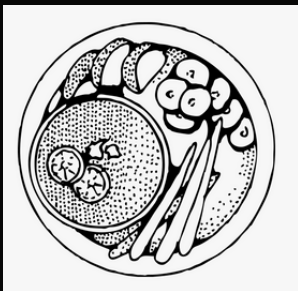
HOLIDAY HEALTH


A guide to eating when
travelling or out of
routine.




BY LIDIA FRASER

Travel is back up and going,
and, as always...any kind of
relaxation period is also a
chance to break away from
routine. But how can we still
stay healthy and not go
overboard yet relish the period
of relaxation? Here's what I'd
advise after my recent time
abroad







- Don't carry guilt. You're out of routine, the vacation period isn't long, eat the foods to get to know the culture there not just visually & audibly but through taste too! Is it really a holiday if you are doing things you do in your routine that you'd like a break from. Exactly, eating on time and in certain quantities isn't always what we like, so take a break!




Instead, if you're working to lose weight, maybe you're ok with maintaining your weight while sticking to your workout routine, or some sort of training that's conducive to getting you the results you're after.





- Try to eat fresh local food. Everywhere is bound to have an appetising option that ticks the boxes of being unique, traditional, tasty and something you'd be satisfied looking back. For me, Balkan or European salads, grilled meat, fresh fish, fruit...LOTS of fruit. All which are decently healthy, mega tasty & something local that's a must try even if you aren't intentionally being conscious of staying within a healthy limit.

- Prioritise protein. Easy to follow if you're a meat lover like me, but also so easy for it to go over our heads. Either keep a mental note or jot it down. Protein bars/drinks are great if you're on journeys where there aren't many food vendors. These also last so if you do find a nicer option, it can wait for another time, say if your bus breaks down / you miss it. Stick to one serving per day, and try to eat REAL FOOD not just because it's better for you, but because if we're on mission 'experience the culture', I can guarantee protein products aren't a traditional part of any culture (unless you're visiting a gym rat society). Continued...







If you do consume a bit. Personally at one point I blatantly overdid the protein snacks and beverages. I got hooked on trying all the exquisite flavours, some flavours of protein shakes being pistachio, biscuit, chocolate-coconut). That was great but in retrospect I really should have swapped that quest for one on trying more local food, such as cheese, breads.

- Minimise gluten and dairy. To be honest this is perhaps going a bit too far, but these two food types undoubtedly do pose bowel and digestion problems due to their inflammatory effect. Essentially it's an extra stress for the body to deal with. But in saying this frankly,, I have zero if not negative of a prerogative to instate this. Being bread and cheese crazy this is my weakness, my pitfall, where you can really ensnare me. In addition, in Europe especially it's a must try/have when it comes to cultural cuisine, so I wouldn't want to say that you miss out and refuse to have any. However if you can relate and also are gluten and dairy mad, what helped me was choosing other traditional foods that were dairy/gluten free which gave me the satisfaction the dairy/gluten alternative would have presented. Now, obviously I wasn't burdening myself with an onerous embargo to decline all offers and opportunities to indulge in these foods, but rather I was just limiting it, and opting for it if I really craved it and knew it was a renowned or signature option, one that's not worth missing.

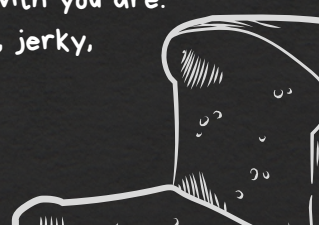



A line drawing of two wheat stalks, one slightly behind the other, with detailed leaves and grain heads.

- Filling up on the healthy stuff. Now I don't mean to gorge on tomatoes or apples, unless you are into that. I mean fill your plate with an assortment, and eat that first, slowly, to enjoy it of course, and then you'll not be eating as much of the heavy, calorie laden or not so healthy foods, and means you'll be eating more if you are still hungry, and this way curbing the chances of entering a binge or filling up on the more energy dense options. This means you'll get to have both, you're not yoking yourself to an orthorexic mindset, it's not omitting one. Try a similar approach to the 80/20 rule, but of course you may adapt it to 70/30 or even 50/50. This may need some tracking but don't over complicate it. This is not an assessment, accuracy can wait! What we don't want to do is create unattainable expectations for the season, just to set ourselves up for failure. Just keep in mind that poorer quality food will impinge on good energy levels so just eat as you feel, regularly assess how you feel after certain types of food. If one day you're over or under, no big deal.


A line drawing of two wheat stalks, one slightly behind the other, with detailed leaves and grain heads.

- Don't go for more than 4 hours without eating. Even though you may find yourself so captivated and distracted by your activities, ensure you have food with you, even if you are saving yourself for a feast later on. Foods that keep well to carry with you are: Protein bars/shakes, crackers, dried fruit, jerky, tinned fish/meat and nuts.


A line drawing of a loaf of bread, showing a rounded top and a textured surface with some diagonal lines indicating a crust.



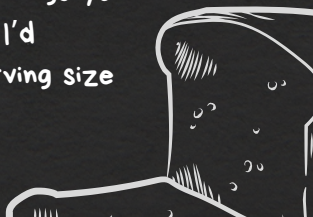
- Eat balanced meals when possible. It's pretty imminent that there'll be a point where you'll not be able to have a meal consisting of vegetables, carbohydrates and protein. Either it's inaccessible, you don't have enough money, you're strapped for time, or nothing appeals to you. But let's be honest and focus on the positives and the reality, most of the time you should be able to include all three. This will ensure you're at least getting micro nutrients as well as the macronutrients.



Let me also elaborate into this by explaining what a balanced meal generally looks like. Imagine a plate split into 2 quarters and 1 half. The half is to be for vegetables, and the remaining quarters for carbohydrates and protein. Now obviously there'll be large discrepancies between most of your balanced meals if you eat this way, due to weight, human error of estimation and macro/micronutrient composition of the food, so to minimise that by not just looking sheerly at the surface area size, I recommend using your hand (palm area) to be a guide for protein and your fist as a measure for carbohydrates.



Vegetables can remain fairly unlimited, as fairly plain vegetables are not significantly high in calories so on the whole it won't disrupt your energy intake an awful lot if you eat more than the servings you are aiming for. For the vegetable portion, I'd recommend at least 2 servings, with a serving size being 100g. Continued...






This balanced meal blueprint is most appropriate for lunch and dinner, and also for breakfast if you can. Snacks don't have to be set out this way, their significance won't matter an awful lot when it comes to feeling your best in this recreation and leisure period.




- If you 'overeate', don't starve and restrict yourself. This can be so counteractive if you then feel malnourished the next day & end up overindulging (again) to compensate or appease yourself. Instead, I'd advise you to go back to eating comfortably / normally, and treat that as a nice moment where you could really delve into the various foods. Basically, consider it an immersive experience and realise the value it possesses so that it satisfies you without the need or yearning to do it incessantly throughout your trip, as this can become addictive. But, I must mention, that if you don't feel the inundation of guilt, say if you have a foodie itinerary, then of course this may not apply too much. Maybe if you are the kind for this spur of the moment idea, you could enjoy foods vicariously when others enjoy it.







- Going into the holiday season it's important to understand that your nutrition and fitness might not be ideal. You're going to be occupying your time with things such as sight seeing and spending time socialising. If you're someone who's in a consistent workout and/or nutrition routine or someone that's looking to get started, it is important to set goals for this time of year but make sure they're realistic, with the same potentially going for travel. Goals such as getting in a number of servings for fruits and vegetables. Is this going to be the month you lose 10 pounds, and completely stick to your diet and fitness plan? Maybe. But maybe not, and that is ok.




- Stay hydrated I'll include this as hydration helps regulate a plethora of bodily functions, to name a few digestion and circulation. This is not necessarily try not to suppress your appetite if you don't want to overeat, however a prevalent occurrence is when thirst is mistaken for hunger. Also, extra stomach volume taken up by calorie-free water helps you keep fuller between meals and reduces these cravings to snack a bit. Water is especially important if you're drinking alcohol, as well. It's smarter to always drink one glass of water between every cocktail, beer, or glass of wine. This helps space drinks out, helping to reduce the number of alcoholic beverages consumed during a party and reducing those unwanted calories.

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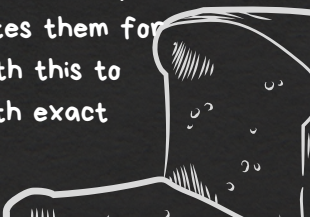





To avoid indigestion and bowel discomforts it is paramount that you keep on top of your water intake. Water of course will also help ensure that you aren't just filling your stomach with food to be satiated and potentially overeat, but as previously raised, it's not to be used to make you feel full, if you are well and truly undereating or sparsely ingesting decent sustenance.



- If you must, estimate macros of the food, ofc this being intuitive eating / If It Fits Your Macros (IIFYM), of course that being tracking with leeway. To elaborate, it's basically loose tracking and sticking to a guideline pertaining to macronutrients being carbohydrate, fat, and protein. If you are already fairly familiar with the macronutrient composition of foods, this option is more than feasible if eating foods with relatively identifiable or few ingredients. It can get vexing and almost become futile when it comes to sauces and dressings as there can be what seems like a myriad of ingredients with differing energy densities. These I would not avoid, but rather ask for it to be served separately to ensure you can at least know the quantity you are consuming when you consume it. I would say that dressings and sauces are quite calorific, especially oil based ones, not so much ketchup, mustard or ones with much vinegar, yoghurt, citrus juice. But as these are at the end of the day concoctions of sorts, do ask what constitutes them for more clarity. However, I must stipulate with this to not stress over it and/or be meticulous with exact sizing and portions.





Want to know more about proper nutrition? Keen to make progress now? Get started now with my online coaching programs now.

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