

Staying Healthy While You Travel

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More info...

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If you are anything like me, you always pack an appropriate meal and/or snack before you step foot on a plane. Okay, I realize that most people probably don't do this. Some eat before hand and others buy food in the airport or on the plane. Unfortunately, eating away from home leaves you with few healthy choices. This is why I want to share a website that is designed to help you make the best food choices just in time for your holiday travel!

Charles Stuart Platkin, JD, MPH, has been writing the nationally syndicated column Diet Detective for quite some time. His annual Food Survey with Health Ratings gives you insight into the best and worst choices in airline food and is updated on an ongoing basis as the airlines change what they offer.

Check out his website to read his comments, ratings, and calories for foods listed by airline. He will also tell you what the best bets are with detailed explanations of what is healthy about the snack or meal and what is not. As a bonus, he will also tell you how much physical activity you must do in order to burn the calories in many of the items.

<http://www.dietdetective.com/content/view/2873/3/>

The one thing you cannot go wrong with is bringing your own healthy food on the plane with you. Great snacks to bring include apples and peanut butter, carrots and hummus or whole grain granola bars. If you have to travel during a meal try bringing a peanut butter and jelly or turkey sandwich on whole wheat bread, or a whole wheat bagel with dried fruit.

You never have to be worried about making an unhealthy choice if you are always prepared. Do your research on the foods available to you and make a pact to stay within your means.

Rachel Lukasavige is a Health Coach at Lukas Coaching. Visit www.lukascoaching.com/resources.htm for a ton of free tools to help you improve your health, finances, business, career & life!

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Tips For Your Body's Health

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