

Healthy Food On Your Vacation

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It is not a good idea to abandon your good sense of healthy eating on your vacation. Although you may strive for healthy eating, it is easy to drift off and grab an ice cream cone here and there. However, there are ways to watch out what you eat when you are on vacation.

It is easier than ever for these days to request low fat or vegetarian meal on airplane flights. If you choose to travel on the road, a quest to find healthy food can get a bit more complicated. Instead of relying on greasy foods, pack some nutritious foods in a cooler full of ice packs. Fruits, vegetables, crackers, yogurt, and sandwiches are recommended to have with you on the way. After having arrived at the hotel, ask the housekeeper to remove all mini bar items or completely lock it up to avoid temptation. If the hotel offers continental breakfast, eat fruits, cereal and protein food. If the hotel provides you a stove or a microwave, take your own healthy food with you. Eating out for only when you are really hungry. Restaurants will usually serve large portions. Be careful. If you do go a bit over on a meal, simply cut back on the next. If you find it difficult to fit in three square meals a day, try to fit in six smaller meals or snacks. Your body needs fuel every four hours or so. When you eat out, avoid appetizer. Whatever you do, try not to miss any meals. Avoid eating large meal at night. You are to sleep as your body needs some times for calories burning. Never eat bread before bed. Make sure that you refrain from butter. Choose fish or poultry for your meal and do not forget vegetables as a side dish. It may be hard to eat healthy on vacation, but it is worth trying. All you have to do is to use a little will power, and pass up foods that you know that they are not good for you. By following these tips, you will enjoy healthy eating and a healthy lifestyle wherever you go. Next time you go on vacation, always remember that eating healthy is your lifestyle. You cannot afford eating unhealthy food. Avoid unacceptable eating habit. One ice cream cone or a pizza is not going to matter if you know when to stop.