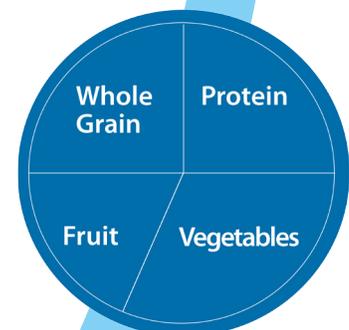


Healthy Eating and Drinking on Business Trips

It is important to continue to eat balanced meals while away from home. Well-balanced meals made up of whole foods will help to sustain energy and keep you focused throughout the day. Eating healthy can be especially challenging when away from home and your normal routine.

Practice these healthy eating habits to improve your focus and energy level while on business trips:

- Locate a supermarket or convenience store close to your hotel to buy healthy food and snack items. If your hotel room has a refrigerator, you will be able to store healthy perishable items. Having healthy snack items with you will help to keep your blood sugar stable and will help you avoid overeating at mealtime. Here are some suggested items to purchase:
 - Whole grain crackers such as Mary's Gone Crackers, Doctor Kracker, ak-mak, and Wasa.
 - Roasted nuts with no added salt.
 - Dried fruits such as raisins, apricots, and dates.
 - Fresh fruit like bananas, apples, and pears.
 - Raw vegetables like carrots or snap peas. You can find single serving bags of baby carrots that are easy to bring with you.
 - Bars with nuts, seeds, and dried fruit that are low in added sugar.
 - Plain yogurt or Greek yogurt — yogurt is filling and has a lot of protein. Plain yogurt is healthier than flavored yogurt because it has no added sugar. Add dried fruit, nuts, and seeds to yogurt for flavor.
- Start your day with a nutritious breakfast, and avoid the pastry and donut trays. Choose fresh fruit, whole grains, and protein if possible. Save some extra fruit to eat later on as a snack.
- Locate healthy restaurants by searching online, asking the hotel concierge and local business associates.
 - www.yelp.com — search "healthy restaurants"
 - www.happycow.net
 - www.healthydiningfinder.com
- When eating out:
 - Use the plate model to balance your meal, covering all the food groups.
 - Request alternate side dishes such as fruit or vegetables instead of chips or French fries.
 - Request a whole grain option.
 - Ask for dressings and other condiments on the side.
 - Ask for a to-go container for extras.



Healthy Hydration When on Business Travel

Keeping your body well hydrated will help you maintain energy throughout the day. Liquid calories don't contribute to feelings of fullness as your body does not register liquid calories like food. When drinking fluid calories, people typically consume more calories overall. In order to maintain a healthy weight, it's best to eat your calories rather than drink them.

Follow these tips for healthy hydration:

- Water is the healthiest beverage choice. Drinking an average of eight 8-ounce glasses of water a day will keep you well hydrated.
- Healthy alternatives to water that can boost your energy level include unsweetened green and herbal teas, and green vegetable smoothies. Many unsweetened teas and green vegetable smoothies include natural ingredients that aid in boosting your immune system and metabolism.
- Moderating your consumption of sugar-sweetened beverages will keep your calories and energy levels in check. Sugar will give you an initial boost but is followed by a rapid dip in your blood sugar and feelings of fatigue.
- Moderate your caffeine consumption. Up to four cups of coffee a day is safe for most healthy adults. Caffeine is a stimulant to the central nervous system, and regular use of caffeine does cause mild physical dependence. Too much caffeine can make you jittery and cause the body to produce more urine, increasing the risk of dehydration. When getting your morning fix of caffeine, choose unsweetened coffee or black tea.
- If you like carbonated drinks, request sparkling water with a lemon or lime wedge, or add a splash of juice.



The fiber in fruit helps slow the absorption of the natural sugars found in fruit. An 8-ounce glass of orange juice has 21 grams of sugar, the same amount of sugar as an 8-ounce serving of soda. Drinking juice is equivalent to drinking soda in terms of how your body processes the sugar. Get your fruit serving eating whole fruit rather than drinking juice.

Calories for Beverages	Serving Size	Calories
Black Tea <i>unsweetened</i>	8 ounces	0
Green Tea <i>unsweetened</i>	8 ounces	0
Black Coffee	8 ounces	2
Coffee 1 oz non-fat milk/whole milk	9 ounces	8/12
Coffee 2 tsp sugar	8 ounces	35
Cappuccino non-fat milk/whole milk	12 fluid ounces	75/120
Caffe Latte non-fat milk/whole milk	12 fluid ounces	126/204
Starbucks Carmel Frappuccino Coffee no whipped cream/whipped cream	12 fluid ounces	210/323
Sparkling Water	8 ounces	0
Vegetable Juice	8 ounces	53
Fruit Juice	8 ounces	145
Can of Soda	12 ounces	170

