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Women's Travel Tips



Eating Right While On The Move

The story goes about a well-travelled New York lady professional who, the moment she walks into a hotel room calls housekeeping to empty the minibar of all the fattening, expensive snacks and drinks. Just so there are no mischarges or getting up at 3am and eating peanuts. Those little cans are \$10 and 400 calories each. Then she fills the fridge with low-calorie, nutritious snacks such as yogurt and fruits.

Just like at home

Think about health on the road in the same way you think about it at home. Don't let travel keep you from exercising, from making good food choices or taking time to relax once in a while to keep your stress level low.



As more women travel, hotels and airlines increasingly respond to requests for healthier, lower calorie food.

Eating light

Eat lightly wherever you go. Here are a few tips to help you get through the many food hurdles you might encounter on the road.

Airplanes and airports

- the standard meal is usually high in salt & calories. Order special meal substitutes like vegetarian, low- salt, low fat etc., AT THE TIME YOU BOOK YOUR TICKET. Failing that, call the airline up to 2 days in advance of your flight and they will probably accommodate you.
- Bring bottled water on the plane because the plane air is very dehydrating.
- You may find yourself connecting a lot of short flights without any meals being served. Bring your own low calorie, healthy snacks so as not to resort to vending machine goodies or hot dogs. If you have not packed your own food, patrol the airport for a kiosk selling fruits.

Highway temptations

Unfortunately, the proliferation of fast food chains has meant that those travelling by car will find their greatest food choices tend to be high-fat burgers and fries. If you must stop at a burger joint, try to find one that offers a salad bar with fresh fruit or baked potatoes. If you crave meat, consider getting a grilled chicken sandwich but don't eat the bun. One of the lowest-calorie grilled chicken is available at Burger King. Surprisingly, fish sandwiches are some of the most fattening on fast food menus. Stay clear of them.



Restaurants

Look out for restaurants near your hotel that serve lighter fare, like grilled or broiled foods, salads or fish. Buffets often have vegetable and fresh fruit choices - resist the urge to try everything in sight. Pass up the dessert and order fresh fruit instead.



Breakfast

If you are attending a convention and find that the continental breakfast included with your registration is simply high-fat croissants and muffins, order room service or eat breakfast elsewhere. If you live in hotels you just have to make yourself at home. Make your way to the hotel kitchen if the room service is closed for the night.

Grocery Store

If there is a grocery near your hotel, by all means stock up on apples, carrots, celery, pretzels and other healthy stuff. Many supermarkets have salad bars and healthy deli choices such as pastas and soups.

