



HEALTHY DESTINATIONS

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Whether it is a day trip to the beach, or the vacation you have always dreamed of, summertime presents a great opportunity to take a well-deserved vacation.

Taking a vacation from the day to day routine of wake, work, eat, and sleep can certainly rejuvenate the body and mind. Unfortunately, those vacations away from home typically also include a vacation away from healthy habits!

Let this year be different and learn how to get the most from your vacation, without leaving your healthy goals at home!

All Aboard!—Vacation By Sea

When taking a vacation on the wide open ocean, it is not uncommon to be offered food 24 hours per day. In addition, the availability of sugary, sweet snacks 24 hours a day can send your dietary goals slipping away quicker than you can say aloha! In the long run, you will feel much better if you stick to your normal eating routine and keep your goals in mind.

All you can eat nutrition: Most cruise ships offer a variety of fresh fruit and vegetables, all day long. Maximize your on-board nutrition by adding a few bright colors to your plate at every meal. In addition to the plethora of nutrients you will obtain, fruits and vegetables are great sources of dietary fiber, which will help leave you feel full, longer. Complete your plate with healthy proteins (eggs, lean meat, and nuts) and allow yourself 1/8 of your plate for your “splurge” - *you are on vacation!* When it comes to that mouthwatering snack/dessert table, use your best judgment and exercise portion control. Pick **one** dessert and savor every bite.

Use your body! To help combat the extra calories that come with an all-you-can-eat vacation, remember to strive for 30 minutes of moderate activity daily. Most cruise ships have top notch fitness centers with state of the art equipment. Additionally, there are often organized activities/classes on board to help keep you moving! Take this opportunity to try something new.

Are We There Yet?—Vacation by Car

We all know that traveling in a vehicle does not burn any calories. So, we need a way to avoid high calorie meals. Start by drinking plenty of water. The re-circulated air in the vehicle tends to make us thirsty, and we should not confuse this thirst with hunger pains. For your mealtime enjoyment, drive straight past any fast food restaurants and head to the grocery store. Purchase items such as sandwich meat (like turkey), whole wheat bread, yogurt and fresh fruits and veggies. If stopping at a grocery store is not an option, pack a cooler with healthy foods low in calories and rich in protein. The protein will help you stay full for a longer period of time.

Once you arrive at your vacation destination, take the time to learn about the restaurants in the area and their menus. When it comes time to make a choice, you will be familiar with the healthier eateries and menu offerings.

Roughin' It! – Campfire Get-a-Way!

Those of us that go camping know about quality time spent around a campfire roasting hotdogs and making s'mores. Try roasting turkey, veggie, or tofu hotdogs instead of beef. In addition, here is a new take on an old s'more recipe I think you will enjoy. Break a 100-calorie dark chocolate bar onto a sheet of tin foil. Add a large marshmallow and a sliced banana. Wrap it up, heat over the fire a few minutes, and eat with a spoon. Not bad, huh.

If you are planning on a hike in the woods while camping, don't load up on junk food. Take the right kind of food with you. Fruit and nut bars will give you enough energy for a 2-3 mile hike. If your hike is a shorter one, you can choose between the fruit or a few almonds. And don't forget the water!