Nutrition During Travel

Tips for Maintaining Healthy Eating Habits Away from Home

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Learning Objectives

- Why Nutrition Changes During Travel
- Challenges and Barriers to Staying on Track
- Maintaining Balance
- Carb Counting Tools
- Smart Eating Choices for different types of travel

Why Nutrition Changes During Travel

Environmental Changes

- Different food availability and preparation methods

Schedule Disruptions

- Irregular mealtimes
- Increased activity levels
- Decreased energy Levels
- Different time zones

Psychological Factors

- Association of travel with indulgence and celebration

Diabetes & Travel

ENJOY!

Planning

Food availability: *local foods, markets, restaurants, convenience foods*

Accommodations: *kitchen access (fridge, microwave, stove?), hotel breakfast, in-room dining*

Medications: *adjustments, packing/storing meds*

Balance

Splurge: *what special foods/treats do you want to try? Where do these fit in? How many?*

Nourish: *choose your healthy meals, pack snacks, stock fridge*

Activity: *more walking, guided tours, BG changes, medication adjustments glucose tabs/fast acting carbs, glucagon kit*

Enjoy!

Lifetime Memories: *adventure, relaxation, experience new cultures*

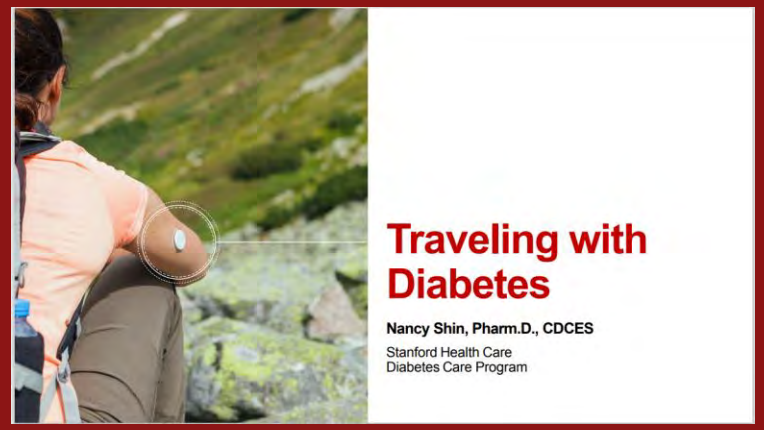
Indulgences are okay!

A1C is an average: *excursions over 1-2 weeks will not have a big impact*

Traveling with Diabetes Webinar: *Archived webinar with Nancy Shin, Pharm D, CDCES*

Be Prepared - Be Safe

- Traveling with medications:
  - bring extra supplies
  - keep meds with you, at safe temperature (not in checked baggage)
- If you wear insulin pump, pump company will lend you travel pump
- Keep fast acting carbs & glucagon kit with you if at risk for hypoglycemia



- Resources for domestic & international travel
- TSA & airport screening with devices
- BG changes, expectations
- Adjusting medications
- Obtaining extra supplies for your trip
- Navigating emergency/unexpected health related issues

Challenges and Barriers

Limited Options

- Airports, train stations, remote locations
- Fast food and convenience foods dominate

Time Constraints

- Busy schedules lead to skipped meals or unhealthy choices

Regional/Cultural Differences

- Unfamiliar foods and eating habits
- Missing nutrition information/differences in language or metrics

Mindset Shifts

- "Celebratory" eating and frequent indulgence

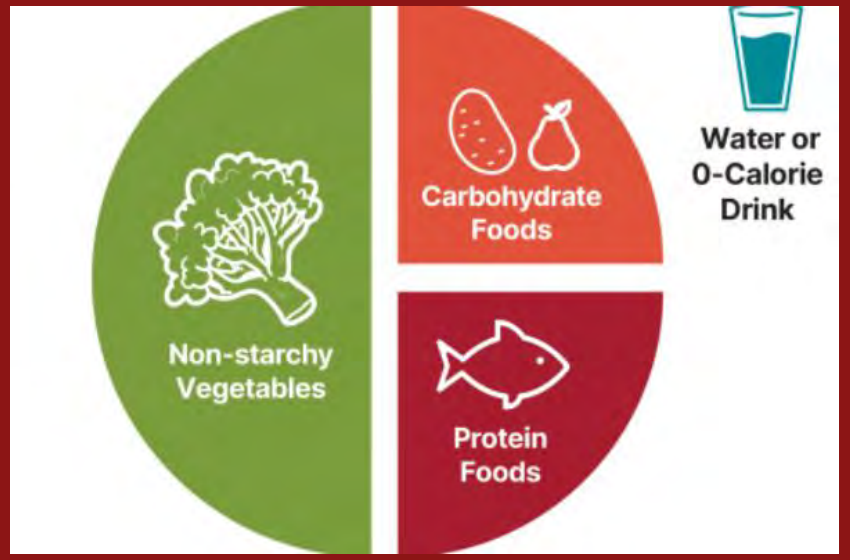
Strategies for Staying on Track

Plan Ahead

- Research local cuisine and healthy options
- Download nutrition tracking apps
- Take photos of carb counting tables
- Pack healthy snacks
- Stay hydrated - carry a reusable water bottle
- Make smart choices at restaurants

Carb Counting

My Plate Method



Balanced Meals

Estimate Portions

Carb Counting

Nutrition Tracking Apps

- ✓ Glooko
- ✓ Glucose Buddy
- ✓ MyFitnessPal
- ✓ CalorieKing
- ✓ MealLogger
- ✓ Lose It!

Language Translation Apps

Carb Count Tables

Carb Counting Food List

THE DIABETES CENTER

Breads: 15g Carbs

1 slice bread (1 oz. rye, white or whole wheat)
6 small breadsticks (4" long)
1/2 English muffin, hot dog or hamburger bun
1 small croissant
1 matzo ball
1 small muffin (1 oz.)
Small pancake or waffle (4")
1/2 pita (6")
1 small plain roll (1 oz.)
1 slice fruit bread (1/4" thick; i.e. banana)
1 small tortilla (6")
1/3 cup stuffing
1 small cornbread or biscuit (2" x 2")

Cereal: 15g Carbs

½ cup bran cereal
¼ cup granola
½ cup cooked cereal
¾ cup other dry cereals
½ cup sugar frosted cereal
1 ½ cups puffed cereal

Crackers/Snack Foods: 15g Carbs

6-7 animal crackers
3 graham crackers
3 cups popcorn
4-6 round crackers
¾ oz. pretzels (15 mini twists)
10–15 snack chips (1 oz.)
6 saltine type crackers

Pastas/Grains: 15g Carbs

½ cup Chow mein noodles
1/3 cup pasta or other grains (cooked)
1/3 cup brown or white rice (cooked)
½ cup fried rice

Potatoes/Vegetables/Beans: 15g Carbs

1/3 cup cooked beans (kidney or pinto)
¼ cup baked beans (canned)
½ cup corn, hominy or peas
1 small white or sweet potato (3 oz)
10-15 french fries
½ cup hash browns or au gratin potatoes
1 cup winter squash
1 cup marinara or pasta sauce
½ cup mashed potatoes

Fruits: 15g Carbs

1 small piece of fresh fruit
apple
orange
tangerine
pear
peach
½ cup applesauce (unsweetened)
4 fresh medium apricots
7 dried apricot halves
½ banana
2 tblsp. dried fruit
1/3 cup cantaloupe
1 cup melon cubes
cantaloupe
watermelon
honeydew
½ cup cherries
2 figs or plums
½ cup canned fruit (unsweetened)
½ grapefruit
15 grapes
½ cup juice (unsweetened; grapefruit or orange)
1 large kiwi
¾ cup fresh pineapple
½ mango or papaya
3 medium prunes
2 tbsp. raisins or craisins
1 cup berries
strawberries
blueberries
raspberries

What to Buy, Prepare & Pack

Airports - eat before arriving, pack healthy meal for flight

- solid food/ice packs okay
- pack snacks/meal for flight
- travel size protein powder to add to coffee, yogurt, cereal
- purchase salad or sandwich for flight

Roadtrips

- pack a cooler
- include meals and snacks
- protein shakes
- map out stops/timeline (can help reduce snacking)
- Rest Stops – save money & time, relaxing option

What to Buy, Prepare & Pack

Hotels

- identify nearby market for when you arrive, make a list
- request fridge/microwave/tea kettle in advance
- purchase items before or shortly after check-in
- take advantage of breakfast – grab a fruit, PB or cream cheese cup for later

Business Travel

- eat salad/protein before event/dinner
- pack snacks for during conference/excursions
- make a plan for alcohol, set a limit
- opt for low-cal beverage options
- choose restaurant if you have the option

What to Buy, Prepare & Pack

Amusement Parks

- Outside food allowed for medical conditions/allergies

  1) protein 2) fiber 3) water - Carbs are plentiful and cheap

- Snack while standing in line (hummus/veggie sticks, jerky, PBJ, protein bar, nuts, fruit…)
- Be intentional, identify treats ahead of time –share or enjoy midday when active

Rentals

- Get creative!
- Plan meals around local cuisine
- Prepare something on your 1st/2nd day for the week

  ex: boil eggs or beans, prep salad/veggie platter

- Explore local markets for fresh ingredients

Plants & Protein

PROTEIN	FIBER	COMPLEX CARBS
Nuts/seeds/nutbutter Jerky (turkey, beef, fish) Boiled Eggs Deli Meat Protein Bars Beans/Lentils Tofu Cheese sticks Hummus Yogurt Cottage Cheese Chicken/fish/beef/lamb	Cherry tomatoes Snap peas Baby carrots Celery sticks Edamame Salad kits Grapes Mandarin oranges Apples Bananas Berries	Oatmeal Fiber Cereal Popcorn Rice Cakes Baked Potato/Sweet Potato Quinoa Brown rice/Wild rice Whole grain crackers/bread

Fiber and protein keep you satiated & stabilize BG levels

Ordering at Restaurants

Use My Plate Method as template for your meal

Order veggie and protein appetizers

- Salad, Grilled vegetable
- Shrimp/scallops
- Chicken skewers

Request substitutions

- Veggie side instead of fries
- Omelette without cheese, add pico de gallo or mushrooms

Share an entrée, share dessert

Choose grilled options

Request dressing and sauces on the side

Limit alcohol , order interesting non-alcoholic drinks

Managing Busy Days

Start with a Balanced Breakfast

- Oatmeal, eggs, yogurt, or protein-rich options

Stay Energized Throughout the Day

- Small nutritious snacks to avoid energy crashes
- Plan meal breaks/locations

Ensure Adequate Hydration

- Carry water bottle, refill

Be prepared for lows

- Glucose tabs, gel, chews
- Glucagon/Baqsimi

Mindful Eating Strategies

Listen to Your Body

Eat when hungry, stop when full

Enjoy smaller portions throughout the day

Savor treats & specialty foods

Moderation is key

Shift Your Perspective

- Focus on what you gain from healthy choices
- Enjoy local culture and activities instead of just food
- Allow for occasional splurges while maintaining balance
- Blood sugar expectations

Building in Activity

Incorporate Movement

- Walking tours
- Hiking trails
- Use hotel gym or pool

Balance nutrition with Exercise

- Staying active offsets extra calories

Inspiration

More Tips for Success

Incorporate healthy foods into your itinerary

- cooking classes
- walking food tours
- look for farm-to-table restaurants
- picnics
- shop local food markets
- fishing excursion
- visit orchard/farm

Leave Room for Spontaneity

Enjoy guilt-free!

Conclusion

Recap

- Plan ahead
- Make smart choices throughout
- Be active
- Practice mindful eating
- Healthy eating while traveling is achievable with a little preparation

Have a great time!

Questions & Sharing

Resources

- CDC Travel Website
- https://www.cdc.gov/diabetes/about/tips-for-traveling-with-diabetes.html
- Carb Counting
- https://diabetes.org/food-nutrition/understanding-carbs/carb-counting-and-diabetes
- Celiac Travel Resources

Find celiac-friendly restaurants, Celiac travel cards you can show to your server, communicate your needs (multiple languages)

www.celiactravel.com
www.glutenfreepassport.com
www.glutenfreetravelsite.com
www.nationalceliac.org
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