



Travel can wreak havoc with your meal schedule and your blood glucose control.

With a bit of preplanning, you can prevent problems before they start.

Road trips

- Your energy needs drop by 300-1000 calories in 24 hours while sitting in a car all day, depending on your usual activity level. Fill up with salads and raw vegetables which will provide lots of volume with very few calories. Make an effort to limit snacking and portions at meals to prevent weight gain when very sedentary.
- Use rest stops as an opportunity to exercise. Plan to walk briskly for 10-15 minutes at each rest stop.
- If you use insulin or meds that can cause hypoglycemia: Keep fast-acting carbohydrate foods handy in the car. This could include a combination of glucose tabs, glucose gels and small juice cartons. Do not keep candy or other sweets in the car “to treat hypoglycemia” if you will be too tempted to eat it just to stay awake or because you are bored.
- Keep these low carb items readily available in the car: Sugar-free chewing gum, sugar-free breath mints, sugar-free Lifesavers, beverages that do not contain carb such as unsweetened iced tea, Club soda or flavored waters. Fill a large zip lock bag with washed and cut raw vegetables and snack on them while driving: carrots, celery, radishes, cherry tomatoes, grape tomatoes, snap peas, cucumbers, etc. Keep other food out of the passenger compartment of the car. This is an easy way to limit how much snacking you do while driving.
- Pack a small cooler with an ice pack and place it in the trunk or other location not easily available while driving. Include in your cooler any of the following: string cheese, low-fat low-carb yogurt, apples, skim or low-fat milk, shelled edamame, hard boiled eggs. Other non-cooler snacks: whole grain crackers, baked tortilla chips + salsa, individual packages of nuts, pretzels, graham crackers, individual containers of unsweetened applesauce, fresh fruit such as apples, tangerines, grapes or cut up melon. When you need a snack, make a conscious decision to stop, stretch, eat your snack and continue on your way.



- **Meal Options while on the road:**

- **Fast food**

If you can't avoid eating at a fast food restaurant check out the nutrition value of your meal ahead of time on the web or use the restaurant's nutritional guide. Aim for meals that fit these guidelines.

Adult women:	300-500 calories	10-20 g fat	500-800 mg sodium
Adult men:	500-800 calories	20-30 g fat	500-800 mg sodium

- **Restaurant**

Part of the pleasure of traveling is trying foods that may not be available to you at home. Choose these special foods carefully with attention to portion size and calories.

- **Grocery store**

A few minutes in the grocery store to pick up sandwich fixings or a premade salad and some fresh fruit can save you lots of calories and carbs. Beware of the grocery store deli: deep fried foods are not kind to your waistline or your arteries.

Flying

- Drink water at every opportunity! Bring an empty container to fill or buy water after passing through security.
- If your flight includes a meal, order a diabetic meal at the time you buy your ticket or at least 2 days in advance of your flight.
- For in-flight meals: administer insulin only when the food cart is within sight.
- Snacks to carry aboard: Individual packages of nuts, jerky (beef, turkey or salmon), pretzels, graham crackers, whole grain crackers, veggies with hummus, fresh fruit, string cheese, individual packet of peanut butter, or snack bars such as Balance Bar 100, Pria Bar, Kellogg's All Bran Bar, Kashi TLC Trail Mix Chewy Bar, Clif Z Bar, KIND Nuts and Spices bar. (Snack bars = no more than 200 calories, 20 g total carb and 2 g saturated fat, at least 5 g protein, 3 g fiber.
- Meal replacement bars: Stash a few higher calories bars in your carry-on luggage for when missing a meal is unavoidable. Bars over 200 calories and 30-45 g total carb should be used only for replacing a meal, not for between meal snacks. These include: PowerBar Protein Plus, Clif Bar.
- Airport food choices: sandwich on whole grain bread or wrap + fruit; salad with chicken, shrimp or salmon or hard-boiled egg on top; thin crust pizza with veggies, a carton of skim or low-fat milk. Airport web sites have terminal maps showing food outlets. Check to see what restaurants are available before you get to the terminal and then go to the restaurant web site to find menu and nutrition information.

