

NUTRITION

GUIDE FOR THE HEALTH CONSCIOUS TRAVELLER

Travelling as a health conscious individual can be a challenge. While on a holiday or long trip, you want to have the physical and mental stamina to do everything, from hiking to adventure sports, socialising, partying or sightseeing. This is why supporting your health before, during and after travel, is necessary for all aspects of your wellbeing.

It can often be a challenge to locate affordable and healthy food, depending on where you are in the world. Budgeting on the road is usually a number one priority, so how do we find balance between health and budget?

Something to remember is that your best option at the time, is good enough! You don't need to be hard on yourself. You are travelling, experiencing, connecting with new cultures, friends, and new foods. This is something to be embraced.

Develop a system that allows you to do the best you can, when you can. And when you're faced with something that isn't the 'ideal' option, embrace it! You are not at fault, you are not guilty, you are allowing yourself to LIVE.

1. PREPARATION

Lets start at the very beginning! Its a good idea to prepare your body for the travel that is about to occur, even before you get on that plane. Start your travel preparation around 1 month out from your trip.

Some things to consider:

- Flight(s) length
- Country you're traveling to
- Your individual health

FOOD

You have the ability to nourish and heal your body through the foods you eat. Gifting yourself the nutrients you need before travel helps to strengthen all of your systems, and you'll be feeling the benefits.

- Lemon water through a straw or apple cider vinegar (1 tablespoon in 100ml of water) on an empty stomach first thing in the morning.
- Increase your vegetable intake by 1 cup per day. Do this by adding an extra handful of greens to your wrap or an extra scoop of salad with your dinner. Identify where in your current eating regime, you can sneak it in without having to change your meal completely.
- Incorporate some fermented foods into your diet, such as kefir in smoothies, sauerkraut, kimchi or high quality yoghurts.
- Eat organic where possible.
- Enjoy some of your favourite foods before you leave.

1. PREPARATION

LIFESTYLE

Big self care as well as movement is important before leaving on a long flight or big trip.

- **MOVEMENT.** Do some yoga classes, go to the gym, or do a few workouts at home. Get your blood moving and make sure you stretch.
- Get a massage, or purchase some 'yoga tune up' balls and roll your muscles your yourself. These are also great to take on your trip with you!
- Spend time in nature. This is particularly important before the long haul flights. Get outside, take your shoes off, breathe in the fresh air.

SUPPLEMENT

Supplement recommendations may vary depending on your individual circumstances. If you are ever unsure, please seek advice from your health practitioner.

Supporting your gastrointestinal system (GIT) or 'gut health' before a trip is a really good place to start. It will assist in supporting other systems, such as your immune health, as well as enhancing nutrient absorption and reducing inflammation in the body.

Saccharomyces boulardii

- This probiotic is actually a beneficial yeast strain which helps with symptoms associated with post antibiotic diarrhoea and for travelling abroad. I usually recommend this in preparation for travel, during travel and after travel if diarrhoea is present. This supplement helps to strengthen GIT and immune system health.

1. PREPARATION

PREPARATION CONSIDERATIONS

How long is your flight?	
What country are you travelling to?	
Do you have any unique or specific health areas you need to be mindful of?	

Begin the below checklist one month before leaving for your trip!

DAILY CHECKLIST

Lemon water or apple cider vinegar in AM on an empty stomach	<input type="checkbox"/>
1 extra cup of vegetables or greens	<input type="checkbox"/>
1 tbs fermented foods	<input type="checkbox"/>
Movement	<input type="checkbox"/>
10 minutes in nature	<input type="checkbox"/>
Saccharomyces boulardii supplement	<input type="checkbox"/>

2. THE FLIGHT

You've done all you can in preparation for travel, and now its time to fly! Flying can be extremely hard on our bodies in many ways, due to air pressure, sleep disturbance and being in a limited space with several other people. Not to mention if you are doing a big timezone shift.

FOOD

Always try to choose the meal with the most health benefit to you. This could differ depending on your own circumstances. Some things to consider:

- Check out the menu options before you fly. Most airlines will allow you to choose a specialty meal for free when you book your flight. This is perfect for those with special nutritional needs such as coeliac, gluten intolerance, vegetarian, religious requirements and so on.
- Which meal has the most vegetables? Sometimes choosing the vegetarian meal is a good option to boost your nutrient value.
- If you have a long haul flight, go for the low carbohydrate option. Protein and healthy fat will keep you fuller for longer, and will keep your blood sugar steady.

SUPPLEMENT

- Antioxidants are perfect to take on travel days. They will help to boost your immune system and protect you from the negative effects of flying. You can get little vitamin C sachets from most health food stores, which are perfect for flying. Simply mix with your water and take the higher dose recommended on the product.

2. FLIGHT CHECKLIST

YOUR FLIGHT CHECKLIST

Choose your flight meal prior to flying if you have special nutritional needs

OR

Choose the best option for you at the time

Stay hydrated - 2L water in 24 hours

Take antioxidants or electrolytes

FOOD

Your ideal day

- Ideally, the best eating regime to aim for is protein at each meal. Protein is a blood sugar level stabiliser, and will therefore contribute to sustained energy and mental clarity throughout the day, as well as a restful sleep at night.
- Some examples of protein include eggs, nuts, seeds, legumes, beans, quinoa, leafy green vegetables, oats and yoghurt.

Buffing up your breakfast

Each time you get to a new place its all about sussing out the free breakfast. How can you enhance it in a cheap and effective way?

For example:

Buff up your free breakfast cereal with with walnuts (healthy protein + fat), raisins (energy) and a banana (nutrients).

Avocado's are cheap in many countries, buff up your breakfast with avocado (healthy fat + nutrients) and tomato (nutrients) on toast (energy).

If your breakfast includes eggs, that's your morning protein.

Having something on hand in case you need it is a huge help. Check out the local grocery store for some oats or chia seeds. These, along with some yoghurt and walnuts, are a great way to enhance your meal, and are a good option for that 3pm snack craving.

If you're on the road without access to a free breakfast, focus on healthy fats and proteins.

Again, eggs, nuts, seeds, legumes, beans, quinoa, leafy green vegetables, oats and yoghurt are good choices.

2. ON THE ROAD

Getting too hungry can be detrimental while travelling, and will likely hurt your savings.

Getting some fruit or trail mix from the local markets is an affordable option. And as mentioned above, oats and yoghurt work for both breakfast and snacking.

Cook in larger batches where possible. Often, we include more vegetables and good protein sources at dinner, so make enough to cover a meal for the following day also. This is great for your health and budget!

SUPPLEMENTS

Multivitamin

- Your classic multi. Taking a multivitamin with you, especially as a health conscious person, helps you to know your body is getting what it needs on a daily basis, even when your food options are limited. Make sure you take it in the morning with food.

AND REMEMBER TO ENJOY THE JOURNEY.

3. ROAD CHECKLIST

ON THE ROAD CHECKLIST

Protein with breakfast

Emergency snacks (nuts + trail mix)

Oats + seeds

Cook extra

Take your multivitamin

4. T H A N K - Y O U

I have lived experience with body image issues, negative self talk, and an eating disorder which spanned six years.

Since recovery I have traveled extensively, learning to become more flexible with my eating, and introducing little life hacks to keep my physical and mental health feeling nourished.

After studying a degree in nutritional medicine, I have learnt how to support and heal my body after putting it through years of trauma.

Through my training and volunteering experience, I have learnt that all disordered eating behaviours are different. We, as humans, are all different.

I reflect this in the information and guides that I share, teaching you how to implement techniques into your own unique life.

I structure my plans to set you up for success, with achievable goals that won't overwhelm you.

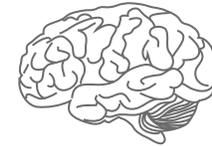
I am committed to helping those facing the same struggle that I once faced. This is my mission.

Join me in creating a life where food can be enjoyed.

Inclusive, implementable, nutrition.

It's never too late.

Jaime - Nutrition Mind Collective



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