



HAMILTON

HALTON

NIAGARA

TORONTO

ETOBICOKE

Vacation Planning

While you are on vacation you want to remember that it is a vacation. You also want to try and set yourself up for success to stay on your weight management goals.

All Inclusive/Cruise

1. Alcohol has a lot of calories at 7 calories per gram of alcohol this is not including your mix-ins which add to the total content of the drink itself. Most drinks such as a Margarita or Strawberry Daiquiri will calculate starting at 150 calories per drink.
2. Try and look at the healthy plate model while you are away. Half a plate vegetables, a quarter plate protein and a quarter plate starch. This will help you with keeping on track without knowing the overall caloric content of the foods.
3. Most cruise lines will let you order multiple appetizers and entrées. It is important to be mindful of overall intake of calories at meals. It is better to have single course meals and drink water then to go over your goals.
4. Bread is served everywhere. It can be tempting but it would be nicer to fill up on foods that you may not get at home.
5. Order fish and seafood when you can as it will be lower in fat and higher in protein on average. Make sure that it is not smothered in sauces that can add empty calories and saturated fat to your food intake.
6. Walk and be active, take the stairs at every opportunity and use the gym and pools that are available to you.

Road Trips

1. First item on your list should be a plan to pack healthy snacks to help with hunger throughout the drive. Nuts, vegetables and protein bars.
2. Make sure you pack lots of water. You may only be thirsty when you are feeling hunger.
3. There are fast food places everywhere. You may be eating these meals for lunch and dinner. In Ontario and most States restaurants are required to post the nutritional information. Try to make the best choices and choose water as your beverage to save on liquid calories.
4. Sometimes restaurants that are not chains (Mom and Pop places) might have better food selections. While they may not be right off the road you may have better food choices available to you.
5. Check out online. Trip Advisor is a great way to get information about the cities you will be passing by. People always leave reviews of the food and sometimes there is a menu you can preview.
6. Make sure you are stopping to stretch your legs. There are a lot of great rest stops along most routes. Take advantage of a quick walk around to promote circulation and energy.

 1-855-210-0739

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