

"Tips for Trips" by Janelle Ryan, Bariatric Educator, BSc., Biological Science



Vacations can throw a lot of our patients off track with their meal planning as well as their weight loss success. The best way to prevent failure while on vacation is to plan ahead.

#1 You want to make sure that you still bring your meal plan with you. It is very important that you still record what you have been eating even if you can't figure out the exact nutritional values it is nice to have everything written down on paper as this helps to keep you accountable for what you are eating. If you have a calorie counting book or the calorie smart calculator you should still

be able to estimate some of the information. If you record things you will be more likely to continue to eat frequently and not miss any snacks.

#2 Come prepared bring protein bars or other high protein supplements with you so you will always have a snack in times of need. Quite often if you are at a resort or going on an excursion you might be left for long periods of time without a snack. Also bringing protein bars ensures that your snacks are going to be of a good nutritional value. Bring meal replacements to use instead of resort breakfasts as they can be very high in calories.

#3 At the Wharton Medical Clinic we always tell our patients to try to avoid drinking juice, pop and taking in excessive fruit as these choices can be very high in carbohydrates. The same goes for



when you are away on vacation, try to reduce the amount of fruit drinks you are taking in as well as fresh fruit. It can often be tempting to have lots of fruit when away as more is available but remember 2 fruits a day is the recommended maximum. What about alcohol? We generally recommend that our patients avoid drinking alcohol so try your best to avoid or limit the amount you are taking in as alcohol still counts for calories.

#4 Make good choices when eating a buffet style meal. Try to limit breads and extra carbohydrates. Protein and vegetables should take up most of your plate and ensure that you are eating your protein first to avoid overeating and help with portion control. Always try to ask the chef how food was cooked so you can try to make better choices. If the meals are prepared ahead of time don't take what doesn't fit in your plan. Ask for sauces and dressing on the side so you can control the amounts that are being put on your food.

#5 Enjoy yourself, be active take long walks, go swimming, use the facilities available to you at your resort. We usually tell our patients to try to maintain your weight while on vacation as sticking to exact calorie and macronutrient targets can be difficult.

And remember you are taking a vacation from the cold not your meal plan!

http://www.sparkpeople.com/resource/nutrition_articles.asp?id=231