

Travel guide

Travelling can lead to weight gain but it can be prevented with proper planning

BY MUNMUN GANERIWAL



Failing to plan is planning to fail. It is highly essential to plan our travel, especially our diet during every trip.

Travelling can lead to weight gain as we do not keep a check on what we eat. Just as we set our itinerary, it is essential to plan our food and exercise beforehand so as to have a pleasant trip.

During a flight journey, because of reduced air pressure, our bodily function slows down and digestion gets sluggish. Here are some ways to beat the flying blues:

- ▶ Do not leave home empty stomach. Have your meal just before you leave from home.
- ▶ Carry snacks like nuts, dry fruits or fresh cut fruits that can help you through the long check-ins and also upon arrival.
- ▶ For short duration flights, the in-flight meals can be brought from home (roti roll, sandwich, poha). For longer flights, you can choose to have one homemade meal (brought

from home) and one in-flight meal. For the in-flight meal, choose hot meals (like rice and beans) instead of packed juices, muffins and cakes.

Stay hydrated

A study published in the *Journal of Clinical Endocrinology and Metabolism* found that mild dehydration can cause metabolism to slow down by as much as three per cent, causing weight gain. Hence, it is important to stay well-hydrated during travels as water also helps in digestion and flushing out toxins from the body.

- ▶ Do not have more than one standard alcoholic drink per hour. Consume water as “drink spacers” between your alcoholic drinks. Note that it takes about an hour for the liver to completely digest one standard drink.

But first, exercise

I always recommend people to do *surya namaskar* while they are travelling as it helps to energise the entire

body, without the need of any special equipment. Also, since it gets done within a short span of time (10-15 minutes) and can be done in the hotel room itself, it makes for a great choice for people looking out to fit in some exercise while they are travelling.

Eating out

- ▶ Always do a bit of research on eateries before leaving for your holiday.
- ▶ Look for places that serve fresh food. Choose live counters whenever possible.
- ▶ Always order two items for a main meal—warm salad and pizza if you are travelling in Europe or rice and curry for a holiday anywhere in Asia.
- ▶ Order dessert as a separate meal and avoid having it post a big meal.
- ▶ Instead of looking out for calories, look out for freshness in the meal—how fresh are the ingredients and how it is prepared. Avoid pre-packaged sandwiches.

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