

## **ON THE WHEELS**

We are more on the go than ever, spending many hours on the vehicle, making it hard to make time to eat healthy, nutritious foods. During hectic travel days, we need energy to keep going, but we often end up choosing more convenient foods that are high in wrong fats, added sugar and unwanted calories.

It is always best to follow certain mindful eating ways to stay on a healthier track despite being away from the home cooked food.

### **FOLLOWING ARE A FEW HEALTHY WAYS:**

#### ***Pack Healthy Snacks:***

- Pack healthy snacks in small boxes or bags before you leave from home.
- Consider fresh fruits, vegetable sticks, dry fruits, berries, nuts, pumpkin-sunflower-watermelon and other seeds, roasted chanas, peanuts, roasted foxnuts, unbuttered popcorn, whole-grain crackers or khakras, jowar puffs, wheat puffs, etc. portioned into baggies.

#### ***Avoid Leaving Home Hungry:***

- Most of the wrong food choices occur when stomach is empty.
- Eat a quick snack at home before you head out for party/work/event so that you are not carried away by the food counters at the stations or terminals.
- Make healthy choices at fast-food restaurants. Try making healthier choices such as whole wheat sandwiches without cheese, vegetable salads with low-fat or fat-free dressing, replacing french fries with sliced fruit/vegetable sticks, and swapping fried meats for grilled options.
- Stick to foods that are Grilled, Poached/Parboiled, Roasted, Steamed/Stir-fried. For example- Grilled vegetables or grilled fish/chicken; Poached eggs or Parboiled veggies; Roasted paneer cubes or chicken roast; Steamed dimsums/momos or stir-fried vegetables.
- Discourage consumption of fried, processed and packaged food.

#### ***Read The Labels Carefully:***

- Stopping at stores for a snack can easily lead to unhealthy choices but being aware of how to read nutritional label can help you make the best choice.
- Pick snacks or beverages that DO NOT contain added sugar or refined flour — some stores stock fat-free or low-fat yogurt, fruit or individually portioned trail mix.
- It is best to opt for something local and fresh.

#### ***Mindful Eating and Portion Control:***

- This is of utmost importance.
- Be absolutely mindful of the portions that you eat.
- Serve yourself 1-2 tbsp lesser than what you usually would.
- Eat slowly. Chew your food thoroughly for atleast 20 minutes.

- Take deep breaths while eating (as Oxygen helps burn fat).
- Place your spoon/fork on table after every bite and stop when full.
- This will definitely not let you go overboard.

***Stay Alkaline:***

- Oxygen breeds in an alkaline medium and fat burns better in the presence of adequate oxygen.
- Include as many alkaline foods as you can.
- Drink lemon water whenever possible.
- End your meals with lemon water.
- Add a bowl of cucumber salad to your meal or munch on these cucumber sticks as a snacking option.
- Sipping lemon water over soft drinks while munching out would be a smart choice to keep your body alkaline.

***Small Frequent Meals:***

- This will prevent you from eating too much during the major meals.
- Munch on some healthy snacks or drink healthy sugarless fluids every 2.5-3 hours, to prevent large gaps between the meals.
- Gap of more than 4 hours can slow down your metabolic rate and can make you feel acidic too.
- Keep yourselves full with fluids like coconut water, lemon water, buttermilk, sugarless fruit smoothies, sugarless fresh fruit-n-veggie juices like carrot+apple juice or pure vegetable juices like cucumber-carrot juice, leafy green juice like celery-parsley-basil-lime etc

***Drink A Lot Of Water:***

- Keep sipping water all throughout the journey.
- Be it via road, rail or air, specially, while taking long flights to combat dehydration (the fatigue it causes), and avoid extreme jet lag.
- Space out your fluids well.
- Don't consume too much in one go and then stay thirsty for the rest of the time.
- Drink at regular intervals.
- This will also make sure you do not confuse thirst with hunger, which will avoid unnecessary nibbling.

***Avoid Stress:***

- Stress is the main trigger for junk eating.
- Relax, breathe and enjoy every bit of what you eat.
- Throw the guilt away. The moment you feel the guilt, it's going to increase your stress hormones.
- If you have no choice but to eat the wrong food, eat it with controlled portions. Compensate for it by adding more fiber in the next meal. Also, run a little bit extra to burn the excess calories.
- Eat a bowl of salad or take a bowl of clear vegetable soup.

- How to fix wrong food choices is all in your hands but to feel stressed (guilty) after eating wrong food can cause double damage to the body.

***Avoid Getting BORED:***

- Boredom can lead to boredom snacking.
- So keeping yourself occupied is very important.

***Log In Your Meals Or Maintain A Food Diary:***

- You will be more responsible and conscious of your meal choices since it is human tendency to always want to portray good things and one wouldn't like penning down wrong food choices.
- Also, this record helps you understand your pattern which says how often you indulge in wrong food choices and accordingly take measures.

***Stay Active:***

- Travelling means sitting in one place for long hours.
- Look for opportunities to stay active.
- Take a walk at the airport,
- ditch the elevators or the escalators and climb up the stairs
- If you are driving, stop your car in the midway to take a break and stretch your body, walk up to the store to grab a bottle of water, etc.
- Get your brisk walk or jog done wherever you get a chance.