



VACATION WISDOM

Should you relax your diet while you're on vacation? Many people think so. But research from the National Weight Control Registry shows that those most consistent with their eating on vacation and weekends do best at long-term weight loss. Enjoy yourself and have fun, but stick to basic eating rules, and you'll stay on track with your health goals.

on the road

Pack fresh fruit and water bottles that are easy to eat and drink in a car. Apples, pears, bananas, and mandarins make good snacks.

For longer trips, make your own sandwiches or wraps rather than leaving yourself at the mercy of fast-food restaurants. Get rid of the candies and processed snacks—they're just not worth the extra problems they'll create.

in the air

For long trips, order a special meal in advance—low fat, vegetarian, or diabetic. You will usually get served first, and you can relax, knowing the meal will be healthy. Also, don't accept all the snacks the flight attendants

offer. Move around the cabin as much as possible, and remember that it's easier to control what you put in your mouth than to burn it off. A snack of cheese and crackers can take around 45 minutes of light walking to get rid of the extra calories!

on a ship

Cruise liners may offer special diets if pre-arranged. Or, you can choose carefully from the buffet. Fill half your plate with salad or steamed vegetables, leave one-quarter for starchy foods, and use the rest for proteins such as beans and tofu. Also, don't go for seconds, and watch your drinks.

in your hotel room

Avoid food from the minibar. In addition to being overpriced, the offerings tend to be loaded with sugar and fat. Make sure you have plenty of plain water to get you through the night, and bring along some fresh fruit in case you get hungry.

at a restaurant

Pick places that offer healthier choices. Check the menu before you sit down. Go for fresh foods, and avoid fried and creamy dishes. Stick to one course.

Nutritionist Sue Radd is the award-winning author of *The Breakfast Book* and coauthor of *Eat To Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease and improve well-being. See www.sueradd.com for more nutrition information.