

July: Travel and Staying Healthy

On the Road Again...But With Healthful Snacks

If you are going to be on the road for any length of time, you'll need food. While you can pack a lot of stuff in the car, you can't squeeze in your kitchen. Does that mean at each fork in the road, you are stuck choosing between fast food or donuts? It doesn't have to. Here are some ideas to help make your next road trip healthful and delicious.

Snacking Suggestions

Drink plenty of water—Water is much easier on your body than caffeinated soda or coffee. And remember, if you need caffeine to stay awake, it's likely time to pull over and call it a night.

Pack some vegetables—Vegetables are a great source of nutrients, providing fiber, vitamins A and C, and complex carbohydrates—all for very few calories.

Take all kinds of fresh fruit—Fruit is low in fat, and a good source of vitamins A and C.

Bring along some finger foods—Foods that are easy to snack on and don't make a mess.

Pack some juice boxes—Boxed juices are a great way to add some flavor to your trip.

For long trips, take an insulated cooler with you—You can pack low-fat meats and cheeses, yogurt, and milk. To keep produce fresh and crisp, put them in the cooler too.

Some Additional Tips

Plan some time for physical activity—Every couple of hours, pull over and get out of the car. Take a walk and stretch.

Make time for meals—On longer trips, take the time to eat a meal—don't just snack in the car.

Lastly, and probably most importantly, never let eating get in the way of road safety! Always make sure to have your eyes on the road and your hand on the wheel.

Source: Mary Calvagna, MS
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Travel health tips

Before Leaving

Planning ahead of time can make your travels smoother and help you avoid problems.

- Ask your health insurance carrier what they will cover or pay for (including coverage for emergency transport) while traveling out of the country.
- Consider traveler's insurance if you are going abroad.
- If you are leaving your children, leave a signed consent-to-treat form with your children's caretaker.
- If you are taking medications, talk to your health care provider before leaving. Carry any medications with you -- not in your luggage.
- If you are traveling to another country, research their health care before you go. If you can, find out where you would go if you needed medical help.
- If you are planning a long flight, schedule your arrival at your destination as close to your usual bedtime as possible, according to the time zone to which you are flying. This helps prevent jet lag.

Important Items to Pack

- First aid kit
- Immunization records
- Insurance ID cards
- Medical records for chronic illnesses or recent major surgery
- Name and phone numbers of your pharmacist and health care providers
- Nonprescription medications that you might need
- Sunscreen, hat, and sunglasses

Other Tips

Talk to your health care provider or visit a travel clinic 4 - 6 weeks before you leave for your trip. You may need to get updated (or booster) vaccinations before you leave.

When traveling with children, make sure that they know the name and telephone number of your hotel in case they get separated from you. Write this information down and put it in their pocket or other same place on their person. Give them enough money to make a phone call, and make sure they know how to use the phones if you are in a foreign country.

Source: Healthways, Inc.
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Tips for Traveling With Medications

Your bags are packed. You're checking and double-checking that you've got everything. Do you have enough of your blood pressure medication? Or allergy pills? Whatever medications you take, your trip won't be much fun if you run out, or your medications are lost, or you get sick because you didn't take them at the right times. Here's how to make sure you have your medications when you need them while you're traveling.

Bring More Than Enough Medications & Your Prescriptions

Bring extra supply of your medications with you in case you lose or spill some. This will also ensure that you have enough medication with you if your trip is lengthened for some reason. It may be difficult to get a prescription filled away from home. If you do need to get more medication while you're traveling, you'll have a much easier time if you have the prescription.

Bring a Note From Your Doctor

If you take prescription medications, carry a letter from your doctor with you explaining your condition, what medication you take, and the dosage. With increased airport security measures, you may find that security officers are more concerned about what you've got in your bag.

Pack Medications in a Carry-on Bag

Keep your medications with you while you're traveling. Even if you're traveling by car, keep medications in the car with you. The trunk of the car and the baggage areas of planes and buses are not temperature controlled, and some medications should not be exposed to very hot and very cold temperatures. Plus, if your luggage gets lost, you could be without it for days.

Bring Your Own Water (and Food If Necessary)

Do not drink tap water if you are traveling in certain regions of the world. Instead bring your own or buy bottled water. And if you need to take your medication with food, bring your own snacks. Don't rely on stores or restaurants to be available or airlines to serve food.

Source: Laurie LaRusso, MS, ELS
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The Centers for Disease Control and Prevention: Travel Website

The CDC has extensive information for consumers on a wide range of topics on health and traveling. Some of the content includes:

- News and Announcements
 - Travel Notices such as health warnings and outbreaks
 - Travel Topics related to health such as vaccinations needed and diseases associated with the certain countries.
 - An FAQ Section on Traveling and Health
 - An online tool where the visitor can select the country and see related travel health information specific to that place
- Visit the link below to navigate to the CDC site and learn more.

Source: Centers for Disease Control and Prevention
<http://wwwnc.cdc.gov/travel/>

Healthy Recipe: Red Pepper Frittata

Ingredients:

2 tsp olive oil, divided	1/2 cup chopped celery
2 garlic cloves, minced	1/2 tsp dried oregano
1 Tbsp grated Parmesan Cheese	1 Tbsp chopped parsley
2 cups egg substitute	2 red bell peppers, chopped
1/2 cup chopped onions	

Instructions:

In a large ovenproof frying pan over medium heat, warm 1 tsp oil. Add the red peppers, celery, onions, and garlic; cook, stirring frequently for 4 to 5 minutes or until tender. Remove from heat and set aside. In a large bowl lightly whisk together the egg substitute, parsley, oregano and black pepper. Stir in the vegetable mixture. In the same frying pan over medium heat warm the remaining 1 tsp. oil. Add the egg mixture and cook until brown around the edges. Cover the pan and reduce heat to low. Cook for 3 to 4 minutes, or until the eggs are set. Meanwhile, preheat the broiler. Sprinkle the frittata with the Parmesan. Place the pan about 5" from the heat and broil for 1 to 2 minutes, or until golden brown. Serve cut into wedges.

Nutrition Facts: Number of Servings: 4

Amount Per Serving:

Calories 120	Calories from Fat 3 g
Sodium 280 mg	Carbohydrate 9 g
Protein 14 g	Cholesterol 0 g
Fiber 2 g	Sugars 6 g

Source: Centers for Disease Control and Prevention
<http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>