



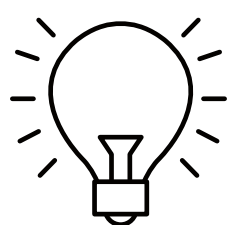
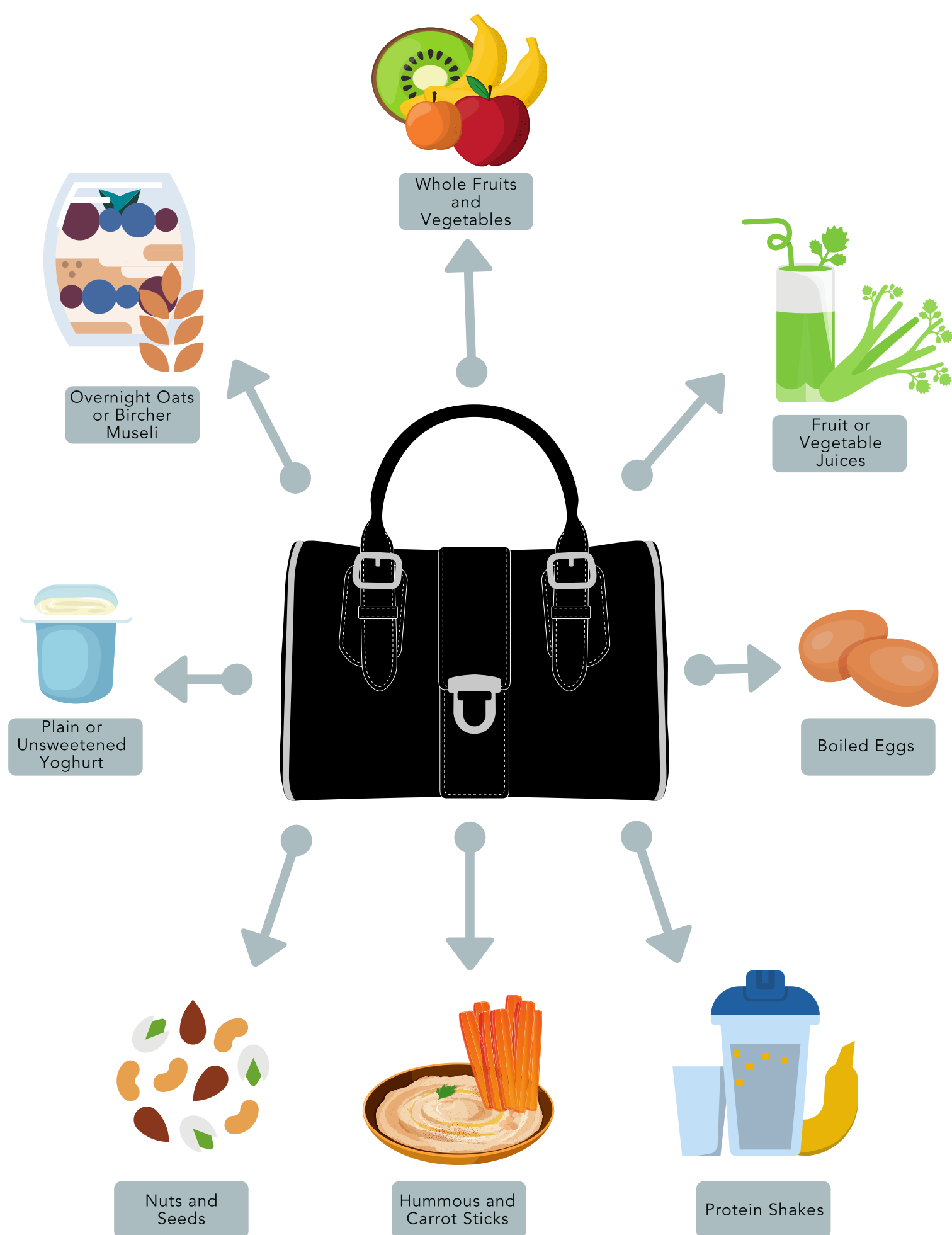
TORQUE



HEALTHY EATING ON THE GO

As we all know, it can be difficult to keep to a healthy eating plan when life gets busy. However with these tips you will see it is possible to eat well on the go, ensuring you are consistently looking after your health and nourishing your body in the best way.

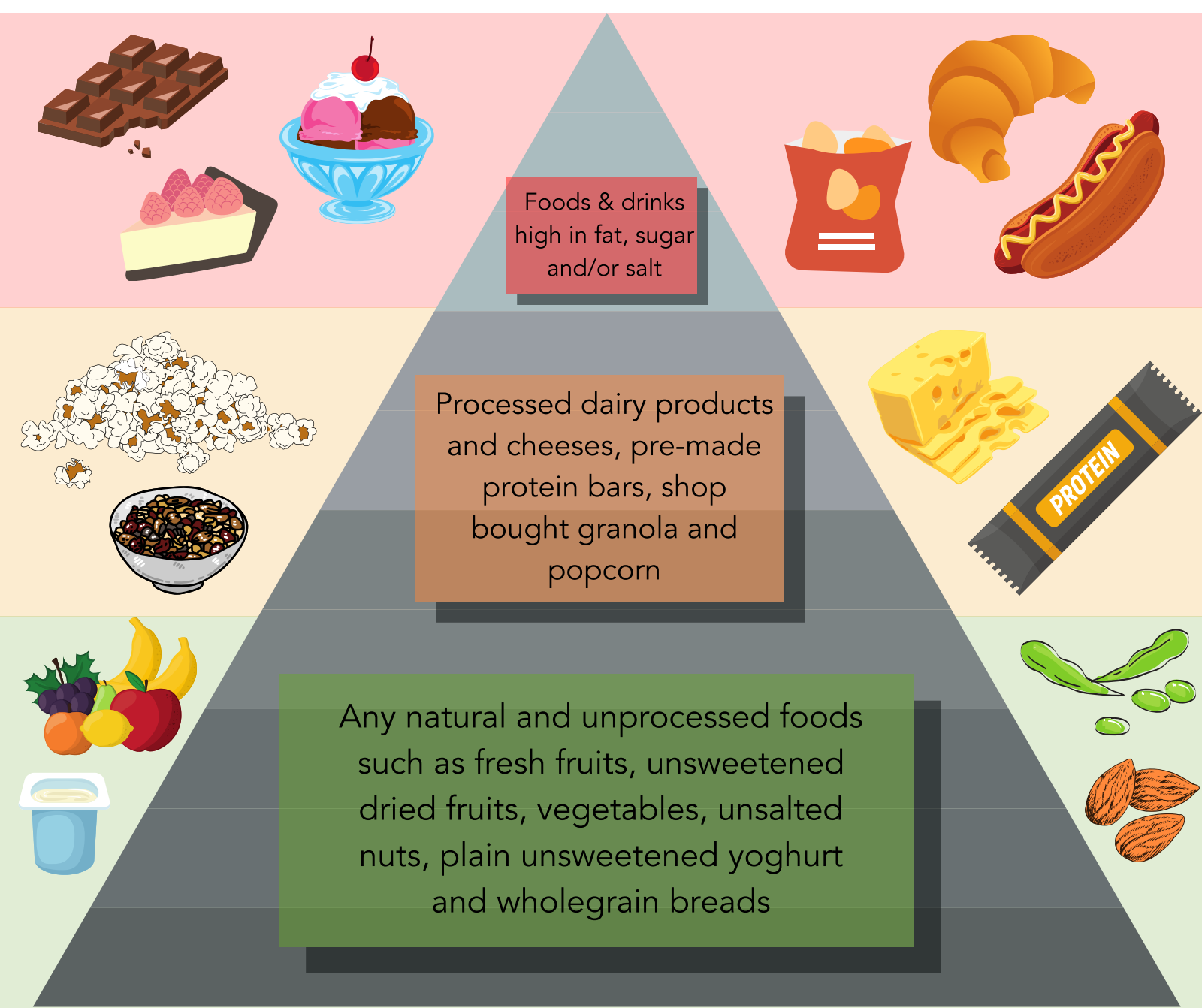
ALWAYS CARRY SNACKS



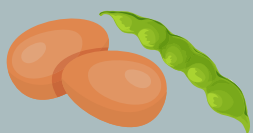
- Having snacks on hand will make it easier for you to choose sensibly and stick to plan however be mindful and make sure you have sensible portion sizes.
- Before eating a snack, consider whether you are actually hungry or eating out of boredom or emotion. Although the research is limited, it has been suggested that listening carefully to your body's hunger and fullness cues can lead to healthier eating habits.

ON THE GO FOOD PYRAMID

While on the go, aim to avoid or have small quantities of food high in saturated fat, salt and/or sugar and larger portions of healthier foods, like fresh fruit, unsalted nuts or plain yoghurt.



For example.....



1-2 Protein



+ 1-2 Carbs



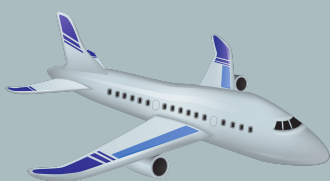
+ 1-2 Fats



+ Salad or Vegetables

Gives an excellent, balanced on the go meal!

TIPS FOR TRAVELLING



On a Plane or Train

1

Take plastic containers with you with lots of snacks suitable for transport such as whole fruits, vegetables and firm cheese.

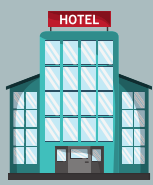
2

If buying food, look at the nutritional information and opt for whole foods wherever possible.

3

Instead of eating the hot meals provided on the plane/train, take a cup of oats or dry soup mix with you and ask the staff to provide you with some hot water.





In a Hotel

1

Bring healthy food options with you and use the in-room fridge to store any perishables.

2

If you are staying for a while, you may want to consider bringing a few utensils with you too so you can make and eat simple meals in the room.

3

Rather than ordering from a limited room service menu, you may be able to order meals from local restaurants which have a wider range of options.



At Restaurants

1

Many restaurants now have online menus with dietary information so check these before you dine and plan ahead.

2

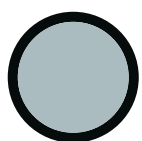
Don't be afraid to ask for variations. You can ask for a side salad to accompany your meal or ask for an item to be cooked oil free or baked rather than fried.

3

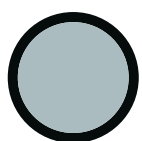
Choose dishes that are primarily vegetable based where possible. Soups and fish dishes are also usually good options.

MENU

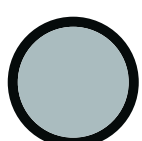
FINAL TIPS



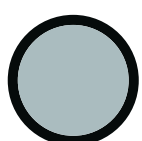
Try to accept that travelling requires flexibility. You may not be able to stay completely on plan as easily as you do at home so aim for good choices rather than perfection.



Assess your hunger levels while travelling. Your routine may be different from normal so take time to determine when you are actually hungry.



Determine what you would like to achieve at a minimum each day while travelling such as eating 3 portions of fruit/vegetables a day or doing 10 minutes of exercise and stick to these small goals.



Take a water bottle with you wherever you go and stay hydrated which in turn will help you to avoid mindlessly eating.

