

Preparing for Holiday Travel

Traveling home for the holidays while pregnant? Here are a few tips you can use to make the trip easier on both mom-to-be and her traveling companion. Remember, it's key to eat at regular intervals throughout the day. Don't skip meals or avoid stopping just because you're "making good time." You'll need the energy and the break to stretch your legs and use the restroom. When it comes down to it, use your head. Try to eat as healthy as you can, just as you would any other day.

THE NIGHT BEFORE:

- Try eating an extra-healthy meal the night before leaving. Your body will be better prepared to handle the rigors of traveling. Load up on foods you think you might be skimping on during the trip, such as fruits and vegetables. Don't go overboard on the calories; just make sure you're getting as much out of your meal as you can, nutrient-wise.

FLYING:

- Drink water, before, during and after the trip. The plane has the same humidity level as a desert and just being in the environment can dehydrate you. Take your own supply of fresh water bottles (approximately three 20 ounce bottles will equal the recommended eight glasses of water a day. Make sure you drink more on longer flights).
- Eat high fiber, complex carbs, whole grain breads/cereals, raw fruits/veggies, beans. Carry homemade trail mix with your favorite goodies. Cereals also travel well and can be used as snacks with or without milk.
- Try prunes and prune juice. This will keep you from getting constipated and provide a serving of fruit for the day. Take a pack of the dried prunes with you on the plane or put them in your train mix.
- Walk when possible. Taking a trip to the bathroom every hour or so can help you with constipation, puffiness, and swelling of feet while improving circulation.
- Limit salt. Salt will help your body hold onto water, causing your feet and hands to swell. Limiting your salt intake on your traveling day and a couple of days before hand while upping your water consumption can rid you of any excess water hanging around.
- If meal service is an option on your flight, request a special meal when making your reservations. Go for low fat, low cholesterol or

healthy heart and ask for whole grains. Go vegetarian or get the fruit plate with cottage cheese. Ordering a special meal will ensure you stick to your goals and have a meal that won't send you running for the lavatory. Make sure your order has the meats not fried with skin removed and avoid lunch meat and soft cheeses.

IN THE CAR:

- Breakfast: Never leave home without it or pack it in a cooler and stop at a rest stop a few hours into the drive. This stop will allow you to walk and stretch legs, which could diminish any uncomfortable swelling. Try packing dry cereal with a small container of milk and a bowl, or fruits, nuts, muffins, and bagels. Staying in a hotel? Stay in a room that provides a light breakfast or has refrigerator and microwave in room. Find out before you make the trip and pack accordingly.
- Lunch Time: Pack a cooler or stop at a grocery store or sandwich shop on the way and grab a light lunch from the deli/soup/salad bar. Take your lunch to a park or rest area stretch your legs
- Dinner Meal: Order foods that are grilled, baked, steamed or broiled and ask that your selection is not swimming in butter. Choose a marinara sauce for pasta and select white meat for chicken and turkey rather than dark meat and remove the skin. Avoid fat-laden salad dressings and the breadbasket (it comes early and gets refilled several times - limit yourself to one serving). Above all, don't be afraid to special order menu items!

ROAD-TIP KIT:

Be prepared for weather delays, layovers, and other uncomfortable situations. Get a large (gallon sized) plastic bag and fill with a piece of your favorite fruit, a small baggy filled with trail mix, a juice box, a bag of dried fruit, a package of instant oatmeal, a small cup, a plastic spoon and a tea bag or cocoa mix packet (Pregnant women should limit their caffeine intake to less than 350mg a day. One cup of tea has between 20-110mg of caffeine while hot chocolate has approximately 2-15mg. If you are concerned with caffeine intake, skip this step). Get the hot water for the oatmeal or your beverage from a vending machine or coffee shop.

Tasty Trail Mix

Pick one ingredient from each list.
Mix well and store in an airtight container.
Makes 12 servings. Serving size ¼ cup

DRIED FRUIT (1 cup chopped)

Raisins
Dried pineapple
Dried apple rings
Pitted prunes
Dried peaches
Dried apricots
Mixed dried fruit
Dried banana chips

CEREAL (1 cup)

Bran Chex
Wheat Chex
Rice Chex
Corn Chex
Shredded wheat
Cheerios
Kix

NUTS & SEEDS (1/2 cup)

Sunflower seeds
Mixed nuts
Peanuts
Cashews
Pecans
Walnuts
Sunflower seeds

OPTIONALS (1/2 cup)

Toasted soybeans
Popcorn
Pretzels
Chocolate Chips
M & M candies
Peanut Butter chips
Butterscotch chips

Nutritional Information

Fat:	5g
Carbohydrates:	18g
Calories:	113
Protein:	2g



For more healthy recipes visit
WWW.BABYFIT.COM