



Eating on the Fly: Don't let your Travel Unravel your Diet

For the airplane, don't just pack your book and pillow - pack a snack too!

- Fruit: apple, orange, banana, small box of raisins
- Mozzarella low-fat cheese stick
- Pre-portioned, homemade "trail mix" of wheat chex, Kashi heart-to-heart cereal, raisins, almonds
- Pre-portioned nuts (1/4 cup mixed nuts = 225 calories so limit the portion)
- Tuna fish in a pouch and a plastic fork
- Snack bag of veggies (baby carrots, cut celery, cherry tomatoes)
- Empty water bottle for fill up at the water fountain



Healthy options have been spotted at **Z Market** (found in Concourse B of Atlanta airport)

- Muscle milk light
- Crystal Light-To-Go to add to your water (hangs on the side of the cooler)
- Diet Snapple
- Metro Electro water with electrolytes
- Lipton Diet Green Tea
- Sobe 0 calorie Lifewater
- Metromint water
- Skim milk
- Sunny Fresh Eggs ASAP pack of 2 hardboiled eggs (throw out the yolks to keep the calories extra low)
- Kraft (1 oz) pepper jack cheese
- Pickle (in regular, garlic or hot)
- Dannon Light n' Fit yogurt
- Dole Tropical Fruit in 100% fruit juice
- Fresh fruit cup
- Roasted almonds, salted peanuts, whole cashews (watch portions - not honey roasted or mixes with fruit or trail mix)
- Planters wasabi peanuts
- Emerald smoked almonds
- Landgarten roasted soy nuts
- Seapoint Farms dry roasted edamamme
- Kashi TLC bars (contain 5-6 g sugar)
- Smoked turkey sandwich - eat the meat, lettuce, tomato - ditch the bread (no tuna or chicken salad)
- Au Bon Pain Thai Peanut Chicken salad without the dressing and fried tortilla strips



NOT: Activ Water, Yogurt Parfait (made with sugared yogurt and granola is high fat), Dannon Fruit-On-The Bottom, Dole Mixed Fruit in Black Cherry Gel or Dole Mandarin Oranges In Light Syrup

Eat This, NØt That

Traveling – whether by train, plane or automobile – makes it difficult to keep your diet on track. During our recent trip to the ASMBS conference, we were forced to grab a bite in Concourse B of the Atlanta airport, which could have been a calorie nightmare except we found the Z Market, with lots of healthy options so we could eat this, not that.

Eat This

MetroElectro Water, Sunny Fresh Eggs ASAP, Kraft Pepper Jack Cheese, fresh apple

MetroElectro water has electrolytes but NO calories. The two hard boiled eggs (throw out the yolks) provide protein and the 1 oz of cheese some spicy flavor. Au Bon Pain has a basket of fresh apples, oranges and bananas for purchase. For the total:

240 calories
9 g fat
14 g protein
30 g carb



NØt That

ActivWater, Emerald Berry Trail Mix, Dole mixed fruit in black cherry gel

ActivWater has 25 cal per serving, which doesn't sound bad except there are 2.5 servings/bottle. Same with the trail mix. Even a one ounce serving is very unhealthy and who stops at <1/2 the bag? The fruit in gel is full of real sugar. For the total:

433 calories
13.5 g fat
7 g protein
75 g carb



It is important when you travel to stay hydrated but watch for "waters" that add calories to your diet. Bring an empty bottle through airport security and fill it up at a water fountain. You can also bring your own snacks like fruit, raisins, cheese sticks or proportioned nuts or fiber cereal.

Vending Area

- Powerade Zero
- Vitamin Water Zero
- V8 (50 calories in 8 oz)
- V8 Fusion Light (50 calories in 8 oz vs. 120 calories in 8 oz of regular V8 Fusion)
- Pickle
- Salted peanuts (watch the portion)

NOT: Regular Vitamin Water, Powerade, sodas, trail mix, chips, pretzels



Airport Restaurants

If you **MUST** eat in a restaurant, aim for a lean protein, steamed veggie or salad and no alcohol!

- **Freshens** – the No Sugar Added Low Cal Smoothie in Strawberry Oasis, Raspberry Passion Fruit or Mango Beach has only 70-80 calories per 21 oz.
- **Starbucks** – brewed tea and coffee are calorie free. Use nonfat milk as your whitener and sweeten with artificial sweetener like Splenda or a sugar free syrup. Otherwise stick to a Tall specialty drink – lower calorie options include Frappuccino Light blended coffees (110 calories), Nonfat Cappuccino (80 calories), or Nonfat Latte (120 calories). The plain oatmeal is only 140 calories (but 100 calories each for the fruit or nut toppings). Or try the egg white, spinach and feta wrap (280 calories), Chicken on Flatbread snack plate (250 calories), or Farmers Market Salad (230 calories).
- **Au Bon Pain** – Choices in the airport are limited, but Au Bon Pain does have a bowl of fresh bananas, oranges, and apples on the counter. If you are able, look up their menu online. Lower calorie choices include the salads with fat free raspberry vinaigrette, sun dried tomato vinaigrette or light ranch dressing; small black bean soup or small chicken Florentine soup; or Ham and Swiss or Turkey and Swiss sandwich (eat just the insides, dipped in mustard or split the sandwich with a friend).
- **Mandarin Express** - may have steamed veggies – ask if they are cooked in oil – but that's about it!
- **Charlie's Grilled Subs** – has a salad with grilled chicken (but the Italian and Ranch dressing are 150 calories per 2 Tablespoons). If you get a hot sub, ditch the bread (260 calories) and cheese (100 calories).
- **TGI Fridays** – they don't put their nutrition info out there – that should tell you something, right? So if you eat here, stick to the basic rules: nothing fried, limit the bread, rice and potatoes, ask for a lean protein like grilled chicken and a steamed veggie without added oils or butter. Then split with a friend because the portion will still be too much.
- **Checkers** – offers a simple salad and fruit bowl.
- **Seattle's Best** - avoid the high fat pastries and calorie-laden coffee drinks. Try brewed coffee with skim milk and Splenda or Sweet n' Low.

NOT: Popeyes (there are NO grilled choices here) or Sbarro Pizza or Nathans Famous Hot Dogs (sorry.)

Drink This, ~~Not~~ That

Starbucks is notorious for their high-calorie beverages, and after any bariatric surgery, you should avoid liquid calories! Enjoy the music, atmosphere, and coffee (just coffee) at Starbucks and you can Drink This, Not That! Starbucks publishes nutrition facts at http://www.starbucks.com/retail/nutrition_info.asp, so find out if your favorite coffee "drink" is worth it!



Drink This,

Skippy Vanilla Latte, Tall (12 oz.):
(made with espresso, steamed nonfat/skim milk,
sugar-free vanilla syrup, and foam)

90 calories

0 g fat (0 g saturated)

9 g protein

14 g carbohydrate (12 g sugar)

Picking the 12 oz instead of the 20 oz saves 70 calories!

ALWAYS: Hold the 'whip', use nonfat/skim milk, and use only SUGAR-FREE syrups (vanilla, hazelnut, caramel, cinnamon dolce & mocha)



~~Not That~~ (caution, will cause dumping!)

Eggnoq Latte, Venti (20 oz):
(made with whole milk)

630 calories

30 g fat (18 g saturated)

21 g protein

69 g carbohydrate (64 g sugar!)

Even the Tall (12 oz) with nonfat/skim milk has 350 cals, and 39 grams of sugar!

