**Nutrition on the Run: Safe and Healthy Choices for Eating Abroad**

It’s not always easy to maintain a healthy diet while traveling. You may be faced with contaminated food and water. There also may be a lack of healthy choices and unfamiliar food.

“Some travelers just shrug off a healthy diet, thinking that poor nutrition in the short term can't be too harmful,” said Dr. Myles Druckman, Vice President, Medical Services,   
Americas Region, International SOS. “But an unbalanced diet can lead to health problems and decreased energy. These are the last things you want to experience while away from home.”

Follow this advice to maintain travel health:

* Get protein from safe sources, such as eggs, tofu, beans, lentils and nuts. Protein helps build your body’s strength, especially if you have lost weight or been sick.
* Try to eat five to nine servings of fruit and vegetables per day to get the vitamins your body needs. Remember that 100 percent fruit and vegetable juices, canned fruit and vegetables and dried fruit all count (although juices may lack fiber). Eat fruit you can peel yourself, like bananas, oranges and mangoes
* Eat lots of whole grains. These foods are carbohydrates and provide your body with energy. They also contain fiber, which is important for overall health. Try items like brown rice, oats, wheat, buckwheat, wild rice, bulgur, quinoa, spelt, cornmeal, barley or kamut.
* Don’t cut out all the fat. Your body requires some fats to function properly - these are the “good” fats (unsaturated) that come from things like nuts, some fish, olive oil and avocados. Saturated fats are the “bad” fats found in many processed, fried, or fast foods as well as margarine and coconut oil and animal products like meat and dairy. These fats are best avoided or eaten in moderation.
* Remember that overcooked food loses much of its nutritional value.
* Even if you eat a healthy diet most of the time, you may not be able to get the vitamins and minerals you need from food. Consider a vitamin or mineral supplement.
* Stay hydrated. Aim to drink one and half to two liters of water each day. Drink more if you are in a hot and/or dry climate.

Don’t forget that there can be a significant risk of traveler’s diarrhea and other infections from unsafe food and water when traveling. Bottled water and food that is thoroughly cooked and served while hot are safer choices.

These simple steps can help keep you healthy while on the road and away from home.

More information and tips are available at [www.internationalsos.com](http://www.internationalsos.com). Simply insert our membership number (XXXXXXXX) or visit our Intranet site at (insert link).

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