



Tips to Feel Your Best While Traveling

1. Stay Hydrated

Aim for about half your body weight in ounces of water; for example, a 160-pound person would aim for 80 oz of water. Some effects of mild dehydration may include lightheadedness/dizzy, headache, dry skin, immunosuppression, and it can impact certain cognitive functions like concentration and alertness. No need to add any extra stress to your trip; keep up your water intake! P.S. Pack your reusable water bottle to reduce plastic use!



2. Pack Snacks

There's nothing worse than being delayed at the airport or stuck in traffic and you haven't eaten in a few hours. In the event that you have no food options available, you want to save money, and/or you want to eat your favorite foods, pack them! It's recommended to combine a carbohydrate-rich food (preferably with fiber) with a protein/fat-rich food to ensure long-lasting energy.



Easy Travel Snack Ideas:

- 1 apple/banana + 2 Tbsp nut butter or 1/4 cup nuts
- 2 tangerines/clementines + 1 string cheese
- 1 cup raw veggies (e.g. carrots, celery, bell peppers) + 1/4 cup hummus
- 5-10 Triscuits or whole grain crackers + 1-2 oz beef jerky
- 1/2 cup pretzels + 2 Tbsp nut butter or 1/4 cup hummus
- 1 cup homemade trail mix: your favorite nuts/seeds + dried fruit + fortified dry cereal (e.g. Chex or Cheerios) + dark chocolate chips (optional)
- 1 energy bar (e.g. KIND protein bar, RXbar, LUNA protein bar, Larabar or Larabar with Superfoods, Perfect bar, Health Warrior bar)
- 1 serving of Harvest Snaps

3. Strengthen Your Immune System

Being on an airplane with other people or traveling to a new place can expose you to different bacteria/viruses. To maintain the strength of your immune system, get adequate sleep (~7-8 hours a night), stay hydrated (dehydration can increase the stress hormone cortisol which is related to immunosuppression), and eat a well-balanced diet. While there is no single magic immune-boosting supplement/food, there are several micronutrients that are beneficial in the function of the immune system that should be consumed within a balanced diet; these include vitamins A, C, D and E, iron and zinc (many of the snacks listed in #2 contain some of these nutrients). Plus, around 70% of immune function resides in the gut, so supporting the bacteria in the GI tract is important for immunity as well (see tips in #4).



4. Support Your Gut

Supporting your gut helps with immune function as well as keeping you regular. Traveling usually throws off whatever bathroom schedule you normally have, and can lead to issues of diarrhea or constipation thanks to various factors like hydration status, stress/anxiety or eating different foods. Try eating probiotic-rich foods/drinks (e.g. yogurt, kombucha, kefir, sauerkraut) and prebiotic-rich foods (apples, bananas, garlic/onions, asparagus, oats) before, during and after your trip to support gut health.

