

Eating Well on the Go

Healthy Eating Advice for Business Travelers

When corporate travelers are polled about the stresses of business travel, “poor eating habits” always makes the Top Five.

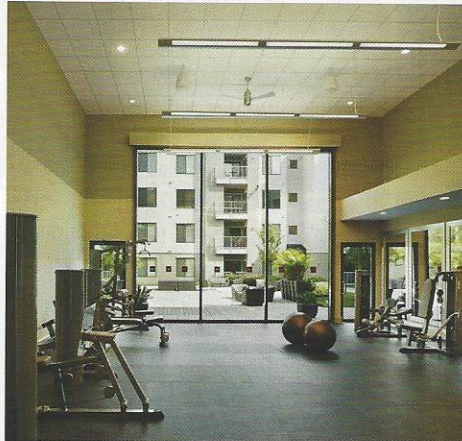
AVE reached out to registered dietician Stephanie Joyce with Alliance for a Healthier Generation for five easy ways to maintain your healthy home eating habits while on the go.

1. BYOWB - You can't tote liquids past airport security, but you can carry an empty container. Airports are increasing their availability of water fountains and bottle filling stations. Bring your own water bottle and fill up to stay hydrated and minimize cravings for other costly airport beverages that can be full of sugar and empty calories.

2. Pack Healthy Snacks - Healthy snacking will not only curb hunger, it will help you avoid making poor food choices in a pinch. Many food manufacturers package products in 100 calories or “to-go” size packs, so shop ahead for these items. Think whole-grain granola bars, nuts, seeds, and dried fruit. Fruits and vegetables make the cut through airport security, so pack travel-friendly options like bananas, apples, oranges, and packaged baby carrots.

3. Don't Skip Breakfast - Even if you have an early morning flight, make sure you eat a nutritious breakfast before you begin your trip. A healthy breakfast prepares your body and mind to handle the day ahead. Plan the night before so you have something quick, healthy, and ready so you can get out the door on time. If you're on the road for an extended period of time, consider bringing whole-grain oatmeal packs that you can easily prepare via the microwave or hot water from the coffee machine, and pair it with a piece of fruit.

4. Choose Wisely at Restaurants - When eating out at restaurants, choose wisely. Consider making one of your meals a big salad with lean protein. Ask the wait staff to put the dressing on the side. You could also select a grilled lean meat such



as chicken and pair it with vegetables. You may want to skip the fries and substitute with a garden salad or whole-grain choice like brown rice. The fiber and nutrients will keep you fuller longer.

5. Take Out the Guesswork - If you're not sure whether your snack is a healthy choice, visit the Alliance for a Healthier Generation's Smart Snack Product Calculator. This easy-to-use tool will walk you through the process of entering nutrition information to see if your snack-of-choice is a Smart Snack! (https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

At AVE, our No. 1 priority is to provide a seamless transition for our guests who will be away from home for an extended period of time. We provide on-site ameni-

ties and services to ensure they can maintain their health and wellness routines. Our communities offer 24-hour fitness centers with cardio and weight equipment, a bike share program, weekly fitness classes like bootcamp, yoga, and tennis instruction, and massage studios so they can book sessions right at home.

We also provide weekday club breakfast in our cafes with healthy choices including yogurt, fresh fruit, and oatmeal. Most important, our furnished suites feature fully equipped kitchens with full-size appliances, glassware, silverware, and cookware so guests can prepare healthy meals at home.

By Ashley Cerasaro, Director of Communications & Digital Media at AVE by Korman Communities. More information about AVE and its extended stay living accommodations can be found at www.aveliving.com.

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