



## ▶ Food Safety When Traveling ◀

- ▶ Travel diarrhea: this disease is the most common health problem for travelers. When people travel from one place to another. They have some stress in traveling or they may not immediately get used to new eating habits or they may take any water or food that is infected by agents such as bacteria, viruses, parasites. Infected, consume.
- ▶ Dehydration: when people are traveling, eating habits and fluid intake are often affected. Sometimes people do not drink enough fluids, often to avoid going to the toilet frequently.
- ▶ Seasickness: motor disease is also a very common problem for many people. This is a condition that can occur when traveling in hilly areas. This can happen while traveling by vehicles such as car, bus, train, boat, or even flight.
- ▶ Constipation: constipation is also a common health issue that most travelers suffer from due to dietary changes, dehydration, travel stress, and even due to climate change during long journeys.

Tips to keep in mind for food safety and health:

- ▶ **Emergency medicines and first aid kits**  
During the trips, you may encounter very common health problems, when planning for any other type, consult a doctor before the trip and take some medications with you.



### ▶ Personal hygiene

Maintain your hygiene when traveling. Otherwise, it may cause infectious diseases. Always have an alcohol-based hand sanitizer to help keep you healthy.

### ▶ Drinking water

Always use bottled water, and if you need to use tap water, boil the water, or use a filter, or filter it and drink it.

### ▶ Food temperature

Avoid eating prepared foods that are stored in the "line area" (5 °C -60 °C).

### ▶ Intensive care

For children, pregnant women, and the elderly, special care should always be taken for food safety, personal hygiene, and their health conditions. Before confirming your trip, always be aware of the facilities and restrictions of your destination.

# Maintain Diet While Traveling

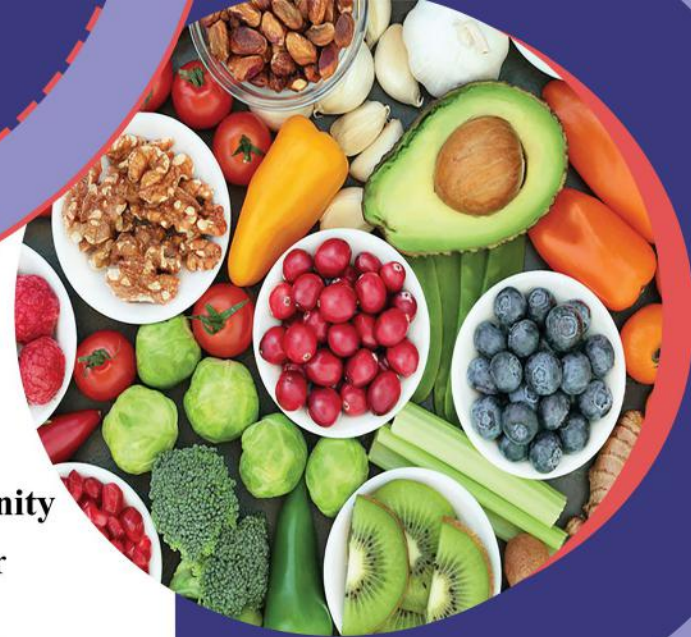
TRAVEL



Maintain Diet While Traveling



Maintaining a Diet While traveling



► **Order fruits and vegetables whenever you have the opportunity**

Look for opportunities to order foods that include high-fiber, high-fiber fruits, and vegetables.

► **Maintain diet while traveling** ◀

Contrary to many people's beliefs, in addition to enjoying travel and local food in each region, you can also follow a healthy diet. Just follow the tips below:

► **Have a main meal every day.**

Try to eat one meal a day. Put some tried and nutritious breakfast options in your suitcase, such as instant oatmeal with low sugar, whole grain breakfast cereals.

► **Go for low-calorie drinks**

You do not need hundreds of calories from drinks. Order unsweetened hot or cold tea, coffee, carbonated water, or diet soda.

► **Keep your promises small**

Share the main meal with your partner, or save half for another meal.



► **Go for fish in restaurants**

This is a great way to get a weekly dose of healthy fish and omega-3 fatty acids for their hearts. Avoid minced fish and fried foods.

► **Watch out for snacks on the table**

If you feel hungry while sitting in a restaurant, snacks like bread, crackers, or chips look good. But these small bites can add hundreds and hundreds of calories to your body.

► **Dessert, but multiplayer**

After your meal, you can delay eating dessert until you get hungry again. You can also share your dessert with one or more dining partners, at the table or later.