

The Traveler's Desk Worker Diet

1. Avoid excessive amounts of sugar bottled fluids in particular; hydrate with bottled water; coffee ok sweeten with natural sweetener (stevia)
2. Avoid prepackaged sandwiches/meals better alternative is soup/salad option
3. Reduce/eliminate gluten especially when traveling
4. Avoid smoothies loaded with sugar (you will get the afternoon blues)
5. Absolutely no pastries or doughnuts; all sugar weakens the immune function; travelers in particular are exposed to more germs
6. Snack options pre-bagged prewashed veggies in raw state best
7. Sea salted nuts or seeds
8. In meetings all day? Bring your lunch/snacks or have local options available that stay within health eating guidelines (see Handout Optimal Diet)
9. Traveling? Check out where you are going/staying and what is around it. Know what your options are ahead of time so you have healthy choices in place