
MINDFUL SUMMER

By Victoria Shanta Retelny, RDN, LDN

Vacation Eating Tips:

Pack healthful snacks like whole fruits, nuts, whole grain crackers, rice cakes, or trail mix on your vacation adventures.

Stay hydrated with water. When vacationing, it's tempting to drink more alcohol than you would normally drink, but alcohol can dehydrate you and it packs a lot of excess calories. You can cut calories in alcoholic beverages by adding sparkling water to wine for spritzers.

Do not skip meals. If you do, you'll be ravenous and overeat foods that may not be best for health.

Eat foods you like, just in smaller portions. With appetizers, put a small portion on a plate and eat that instead of grazing mindlessly. Remember to savor and enjoy.

Your Compass:

Time off from work to relax is a human need. It's easy to throw in the eating towel when you're on vacation. With delicious culinary choices and friends and family around, there's more opportunity to eat and drink. There's nothing wrong with that as long as you do it in a mindful way.

Keep an eye on what I call "your mindful eating compass" – the inner sense of what and how you're eating. If your mindful eating compass is steering you away from healthful foods, then steer it back on course at the next meal or snack. Keep in mind, it's not all or nothing: you have the freedom to make mindful food choices. Yes, even when you're on vacation.

