



## travel-easy tips

*Flying across different time zones on long hauls can leave you feeling jet-lagged for up to a week! You needn't. Here are some survival tips to help minimise the grogginess and let you get back to work or to enjoying yourself sooner.*



**nutrition  
education  
service**

### *Drink water first.*

Being in a plane with its recycled air is a dehydrating experience. But don't wait until you get thirsty before you start drinking fluids. That's already too late. Drink at least half a litre (a bottle) at least half-an-hour before you step onto the plane. When on board, take fluids approximately every half-an-hour you are awake.

### *Cut caffeine and skip alcohol altogether.*

With all that duty-free alcohol and nothing to do, some people think air travel is a great time to indulge in champagne and Chardonnay. But alcohol and such beverages as coffee, tea and cola caffeine are diuretics, causing the body to lose fluid. I would not recommend caffeine during flight, as it will also

keep you awake when you should be trying to nap. Try to shift your body clock to the time zone you're headed for.

### *Take light meals only.*

You don't need to eat every time something is offered, and you don't have to eat all that is on your tray. Too much food too often, will make you feel bloated and not give your digestive system a break. Upon departure, change your watch to the time at your destination and try to work toward scheduling your meals and snacks to that. But include what you need and make the adjustment without overdoing it. Your body will thank you!

See page 42 for some healthy, tasty and easily transportable food recipes.

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