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## The 1 Diet Detective **Health Holiday Travel**

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*By Charles Stuart Platkin*

Here are a few things you might consider taking with you on your next trip. Whether you're traveling by plane, train, automobile or cruise ship, these innovative products could help keep you on track.

### **Salad Dressing Packets**

*Why:* You think you're eating healthy by grabbing a salad on the road, and you might be right - but, oh gosh, that dressing can be a real diet buster. Some dressings are more than 200 calories for just a couple of tablespoons (yes, even oil and vinegar). Often times you could be stuck with no healthful dressing options, which is exactly why you should carry your own. Just pack a few and put a few more in your pocketbook or briefcase and you're all set.

*Bonus:* Even if you choose a healthful dressing, you tend to use a bit too much. These packets are portion controlled, so it's easier to stick to your "healthy eating" program.

*Where to Buy:* Many supermarkets now carry salad dressing packets. You can also go online and purchase Walden Farms 1-ounce packets from [Amazon.com](http://Amazon.com). They have Honey Dijon, Creamy Bacon, Ranch, Italian and Thousand Island. According to the company, they're calorie-free, fat-free, sugar-free, cholesterol-free and carbohydrate-free. Another source is [www.Minimus.biz](http://www.Minimus.biz). They have two prepackaged fat-free salad dressing kits with 13 different flavors. Minimus.biz also has Newman's Own Light Italian Dressing, Kraft Lite and Ken's Fat Free Honey Dijon Dressing. Another possibility is to go to your local fast-food restaurant and see if you can get an extra low-cal salad dressing packet, even if they may charge you.

*Cost:* Walden Farms: \$4.39 for six 1-ounce packets. Packets on Minimus.biz start at about 19 cents apiece.

### **Prepackaged Snacks**

*Why:* GoPicnic is an amazing company started by the same person who came up with the fabulous snack packs available on United Airlines. You can purchase these snacks boxed and ready to grab and go, and they're reasonable in terms of calories. GoTrek includes five food items for a total of 350 calories. They're gluten-free, with 18 grams of protein, only 25 milligrams of cholesterol and 38 grams of carbs. Over all, the GoEnergy meal (available in January) is the one that best fits Calorie Bargain criteria. It contains a small (1.76-ounce) hummus from Wild Garden (delicious, by the way), edamame, cranberries (wish they were unsweetened, but still only 45 calories), whole-grain crackers and an almond candy. GoEnergy is 380 calories, less than 5mg of cholesterol, 23g of protein, 12g of dietary fiber and 45g of carbs; it also fits with kosher, vegetarian and halal guidelines.

*Bonus:* Easy to grab, easy to keep track of calories and portions.

*Where to Buy:* Online at [www.gopicnic.com](http://www.gopicnic.com)

*Cost:* 3.99 per meal; two-meal minimum.

### **Exercise Bands and Tubing**

*Why:* You can get a full-body workout with just a few elastic resistance bands. They work by creating tension and stress on your muscles as you move. There are loads of exercises on various Web sites including [www.bodylastics.com](http://www.bodylastics.com), [www.thera-bandacademy.com](http://www.thera-bandacademy.com) (free registration required) and [www.acefitness.org/getfit/RubrBndWkout.pdf](http://www.acefitness.org/getfit/RubrBndWkout.pdf).

Exercise bands and/or tubes are portable, easy to use anywhere, anytime, quiet, and, most important, they work. Elastic resistance has been used by physical therapists for years. The Bodylastic exercise tubes, made of high-quality clamp and surgical tubing, are the best I've seen.

*Bonus:* Low cost, easy to use, very portable.

*Where to Buy:* [www.bodylastics.com](http://www.bodylastics.com), [www.power-systems.com](http://www.power-systems.com), [www.thera-band.com](http://www.thera-band.com)

*Cost:* Bodylastics training kit, \$59.95: One band with secure handles starts at \$6.25 (depending on strength, style and quality). You can also purchase a flat band for as little as \$3.25 per band.

### **Fit & Fresh Containers**

*Why:* Great storage containers help keep your food fresh on the road. Fit & Fresh takes innovative product design to an entirely new level with their line of on-the-go products. My favorites are Lunch on the Go, which comes with a removable ice pack, several compartments and a cover that can serve as a plate, and the Salad Shaker, which comes with a dressing dispenser, utensil box (includes a knife and fork), ice pack and a salad bowl that holds up to 4 cups.

*Bonus:* All Fit & Fresh products (except the ice packs) are easy to clean, and safe for the freezer, microwave and top rack of the dishwasher.

*Where to Buy:* [www.fit-fresh.com](http://www.fit-fresh.com)

*Cost:* Salad Shaker is \$9.99; Lunch on the Go, \$9.99.

### **George Foreman "The Champ" Grill**

*Why:* This tiny George Foreman grill is not new, but it is still the best thing out there for traveling. It's compact, easy to use and fits into any luggage - even a carry-on. It has a 36-square-inch grilling surface, big enough to cook for two. In case you're not familiar with the George Foreman grill, it has a double nonstick coating, is durable and eliminates the need for oil. It drains off the fat, heats up very quickly, is easy to clean, and even comes with its own spatula. Simply locate a nearby supermarket, buy chicken or fish and vegetables, plug it in and you're all set. Also, it now comes in a variety of colors to spice up your grilling experience.

*Bonus:* You save money and calories by cooking your own meals while you're on the road.

*Where to buy:* Sears, Amazon, Target and other appliance stores.

*Cost:* Sears and Target sell it for \$19.99.

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