

### **Travel Healthy**

You wait all year for your summer holiday then one of you falls ill. Let's focus on some diet tips to prevent any nasties whilst you are on holiday in a foreign country.

Whilst on holiday each day and hour is precious and you'll want to utilize time as efficiently as possible. A bout of gastro can knock you out and leave you feeling like a washed-out rag. Illnesses like gastroenteritis, or food poisoning, are debilitating, highly unpleasant. There is no need for paranoia, but it is important to be cautious.

Tips to prevent runny tummies:

- Never eat any raw or uncooked food, rather stick to commercial cereals, cooked meat, fish and vegetables and baked puddings
- Never eat raw fruit unless you can wash it thoroughly and peel the fruit yourself
- Use pasteurized milk and cheese, as milk is an ideal breeding ground for a variety of nasty bacteria
- Never drink water out of a tap, stick to bottled water, soda water, or use cooled boiled water where possible
- Drink well known brands of cold drinks, such as Coca Cola, because the quality of their products is internationally consistent and they can be bought all over the world, even in some rather remote places.
- Be on guard for food and drinks that are off, as unlikely as it may seem, even alcoholic beverages like beer can be contaminated with spoilage organisms. So if a drink or any food tastes suspicious, send it back and don't consume it.
- Avoid exotic foods that may make you ill or upset your stomach, or just eat very small amounts.

Travellers with food allergies must be even more alert and careful than regular travellers. The following tips may be useful:

- Ask the headwaiter or even the chef what a specific dish contains. If there is a language barrier, opt for plain foods such as grilled steak without sauces, cooked vegetables without exotic trimmings
- Stick to cereals and grains that you are not sensitive to
- If you are allergic to seafood and crustaceans, take care when visiting the East as practically every dish contains some form of seafood
- Those with peanut and other nut allergies are also exposed to great risk in Eastern countries, because peanuts and peanut butter are used in many recipes and even a small trace could cause a reaction
- And remember to always ASK when you are unsure of the ingredients of your meal

It is always a good idea to take along your own emergency medical kit. Ask your doctor or pharmacist for medicines to stop diarrhoea, nausea, medicine for seasickness (when you are on a boat trip), an electrolyte mixture to replace lost fluids in case of gastro or vomiting and your rescue medication for allergic reactions.