

Conquer Food Newsletter



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Dear Friends,

Whether you're going to the south of France, South America or South Dakota, you want to extend your weight loss Program wherever you are. That way, you'll continue to fit into all the clothes you've carefully chosen for your trip.

When traveling, you're susceptible to the various choices from local restaurants, festivals, and roadside eateries. Over laden buffets and exotic snacks may further sabotage your weight-maintaining efforts.

Other traps are more subtle, and therefore more dangerous. The all inclusive vacation plan which includes food whether or not you eat it and business trips where the company picks up the tab. It's hard not to think, "well it's-paid-for-so-I-might-as-well-eat-it" which inevitably will lead to extra pounds. What's the solution to a trav-

eler's eating dilemma? Anticipating and planning your next trip by thinking ahead. You can still sample the local fare,

meet your quota of business meals, dine with friends and still maintain your weight, maybe even lose some weight. Think of this newsletter as a PASSPORT TO SENSIBLE EATING ON THE GO.

But if you come back and still need help reaching or maintaining your weight loss goal, give me a call at 212-986-7155 or email at caryl@conquerfood.com

Onward and Downward,

Caryl Ehrlich



Name _____

Business Address _____

Airline _____

Airport _____

Departure Time _____

Flight No. _____

Arrival Time _____

Hotel Address _____

Phone No. _____

FREE No-Obligation Consultation available to all



MENU



First Course: Packing, Unpacking and Not Packing



Second Course: Asserting Yourself



Third Course: Taking In The Waters



Fourth Course: Getting Physical



Fifth Course: Relax-a-vous



Sixth Course: Taking Your Show on The Road

First Course: Packing, Unpacking and Not Packing

Pack a scale. People may laugh, but they're just as likely to ask if they can use it. A big part of maintaining control of on-the-road eating is awareness. You need to know what you weigh every day, not just what you weighed two weeks ago at home.

Note: Remove battery before packing scale. This will conserve battery life for the length of your trip.

Keep a food log. If it's not water, it's food. Write it down. A real eye opener. You can then identify patterns and behaviors in the log that lead to a weight loss or a weight gain. You want to eat the same while on vacation so you'll

return home with the same habits with which you left.

Bring a fitted outfit to try on each morning, even if you don't wear it. A zipper that won't zip is the first indication that you may be eating too much. At the next meal slow down and feed the smaller person you want to be.

A belt is also terrific reminder that you're over indulging, because it starts to protest during your meal. At the very least, wear clothes with a non-elastic waistband.

Pack something special that will make you feel pampered even if you choose not to have dessert at every dinner. By taking along a bubble bath, a trashy novel or other non-food treat, you can feel special without feeling stuffed.

Second Course: Asserting Yourself

Speak up, take action and make choices. That's the secret to taking control of your travel eating and maintaining your weight while enjoying your food. Say no thanks to unplanned food.

Talk to the concierge, bellman or room clerk. They can tell you about the local fare or other food specialties you might encounter in the area.

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In a hotel or motel sometimes a kitchenette makes the environment ideal for weight loss.

Bring mini shredded wheat in a plastic bag, tuna in a can or pouch, sliced turkey and hard boiled eggs in case you get hungry between meals. You can also use these foods if you want to skip the breakfast buffet where you might be tempted to eat more at one meal than you would all day when at home. If you make too many exceptions, you'll have no rules.

Pack a picnic when you're traveling. Never feel obligated to eat what's offered. Anticipate situations and plan in advance. If your tour bus visits local attractions where the only lunch is some greasy meal from a vendor, stop by the local market in the morning and pack your own lunch.

When making your reservation ask for a room without a mini bar. If that's not possible, cover the mini bar with a bedspread and place a tray with a water pitcher and glasses on top. Ask the house-keeper to clean the room but to keep the mini-bar covered.

Out of sight, out of mind.

Second Course: Asserting Yourself...cont'd

Thanks to the interstate highway system, it is now possible to travel from coast to coast without seeing anything

- Charles Kuralt

If you want to reach a goal, you must "see the reaching" in your own mind before you actually arrive at your goal.

- Zig Ziglar

When preparing to travel, lay out all your clothes and all your money. Then take half your clothes and twice the money

- anonymous

Go a la carte. Reserve your room without prepaid meals and explore the local eateries. Ordering a la carte can save you money and weight. However, when your only choice is "the 3-course dinner", don't feel you have to order something from every course. A better choice would be two appetizer to be brought to you when others have one entrée. They'll always be interesting and the variety will satiate.

Make your preferences known to the waiter, the bus-boy, the maître d', the chef-anyone who will help you get what you want. Most places will accommodate almost any reasonable request.

Plan your treats. Sure, have bread, beverage, dessert or wine with your meal, but choose one of the four, then look at other areas of the menu to ensure variety. If

you had dessert last night, have wine or bread (or neither) tonight and have dessert at another meal, possibly another day.

Drink, but don't always have a drink. Alcohol is usually part of every business and pleasure trip-from the mini bottles on the airplane, to the mini bar in the hotel room, to a late night cordial. But too many drinks can cause a lack of resolve, which means you'll probably overeat. This does not mean you should abstain. Have alcohol only as part of a meal. Food will help cushion the effects of alcohol.

First sip from your water then from your alcohol in between bites of food. If wine or beer are being poured too freely (part of the unlimited all inclusive functions), consider a gin and tonic. The size of the glass is more con-

sistent and chances are you won't have a second one.

Try having a few bites of food and sips of water before having your alcoholic beverage, you'll most likely be less inclined to have a second drink.

You can also mix your drink with water and ask for additional water on the side. Then take a sip from one glass then the other throughout the evening. It'll last longer.

The Food Court. Since airports are quick to add more restaurants, look for soups, or find ways to deconstruct a sandwich, and take advantage of numerous brands of bottled water. Remember that all food should be eaten with utensils.

*Having difficulty maintaining or reaching your goal?
Ask about phone sessions.
Whether you're in
NYC or out of town
Call 212-986-7155 or email:
Caryl@ConquerFood.com*

Third Course: Taking in the Waters

Water rehydrates the body, moisturizes the skin, and gives you a general sense of well-being. It's also a terrific boon to the weight-conscious, at home or away.

Water with meals cleanses your palate, aids digestion and counteract the adverse effect of dehydration from travel and sun.

Can't drink the water-not because it's bad but because you're

just not accustomed to it? Order bottled water and keep it in your car, boat, room or cabin. And carry a bottle and cups in your tote bag.

Drink 6 to 8 glasses of water each day; at least one glass with every meal, whether you have an additional beverage or not.

Sip. Don't gulp.

Fifth Course: Relax-A-Vous

Twenty minutes. That's all it takes to unwind, relax, recuperate from a busy day of sight seeing or visiting clients. If you take a 20-minute break before dining, you'll enjoy dinner and your evening more. A quick nap is even better.

Cheer yourself on. Write in your log book all the reasons why you want to be thin. Imagine a thinner you. In that way, when a moment arrives that requires a tough decision, you can take a deep breath, and say "no, thank you" - at least some of the time. Start feeding a "smaller" you.

Fill up on the scenery of trees, grass or calming ocean breezes.

Breath deeply-in through the

nose and out through the mouth. Breathe slowly and deeply for several minutes, then move on to another relaxing activity:

- Go for a stroll
- Take a nap
- Lie down
- Read something light
- Gaze at the view
- Take a sauna
- Soak in a hot tub
- Steam in a hot shower
- Take a bubble bath
- Indulge in a massage
- Get a manicure/pedicure.
- Catch some sun (use sunscreen)
- Sip water
- Close your eyes and dream.

Fourth Course: Getting Physical

Even if your idea of a tennis vacation is to sit in the gallery with cold water while others play, you should incorporate some activity into your trip. It will make you feel more energized and get you in the habit of looking for physical (food-free) fun.

Walk, don't run. You don't need to run laps to get exercise. Most trips offer plenty of opportunity for walking-even some you've never considered.

Choose a tour that doesn't revolve around food. Your travel agent knows about accommodations with pool, health club, sauna, tennis and the like. Expand your horizons further by getting involved in activities that will give you light exercise while you explore the surroundings. Go to a local craft or art fair, or take a historic walking tour. Rent a bicycle and take a trip around town.

Select a restaurant within walking distance, which does not mean the one in your hotel. A stroll to and from dinner is lovely way to extend a meal's pleasure.

Try a new sport. Now's your opportunity to try an activity you haven't tried-from waterskiing to water polo, karate to cross country skiing.

Test the waters. Even if you're not an avid swimmer, get into the pool. Splashing around in the shallow end is better than lying in a lounge chair.

Sixth Course: Taking Your Show On The Road

Now that you've learned some strategies for dealing with nearly every travel situation, you'll be able to take your show on the road-and come back from your trip feeling and looking terrific!

Here are some additional tips:

Say "No thank you" to an over zealous travel mate. Push back the food pusher.

Add variety to your breakfast. Try not to repeat anything more than three times within a seven-day week. Include a hot cereal, cold cereal or eggs in your morning menu, but avoid having all three in the same meal.

Meatless meals make for variety and help you reach your weight loss goal. Try an omelet or an all vegetable meal or soup at least once a day at lunch or dinner.

A beautiful buffet is just a list of foods from which to choose. Prepare food on your plate as you'd be served in a good restaurant. If it's late ask for half a portion of a main course. Avoid eating just to please someone else. Choose your favorite dessert, not a bite of all six. Sit down and eat your meal. Even though buffet meals are usually all-you-can-eat affairs at a fixed price, imagine you're being

charged for each item individually, as in a cafeteria. Create a relaxing twenty-minute meal. Have food on a plate; no finger foods like sandwiches, which seem to be finished before you've unfolded your napkin.

- Put your fork down between bites
- Breathe deeply during anxious moments
- Sip water throughout the meal
- Fill up on the ambience
- Observe others
- Enjoy your companion's conversation

The intention of this newsletter is to help you learn to enjoy travel without using food as an end in itself. Eating is an important and enjoyable part your life. But it is but one part.

As with making different food choices and creating new habits the first time is a little different than what you've done in past trips. You've been practicing old habits while traveling, for many years. Think about how good you'll feel when you return from your trip with souvenirs, not overeating remorse.

I hope you're pointed in the right direction to Sensible Eating On the Go, and that you have a wonderful trip and return either at the same weight you were when you left or you're even smaller.

