

Top Tips and Activities! Eating healthily on holiday!



You do not have to forget your healthy eating habits while on holiday. There are lots of tasty and healthy food choices to go for. Follow our ten top tips to achieving a healthy holiday!

Ten top tips!

1. Asked at restaurants for a starter sized meal for your children. There are more options on the main menu and children's menus tend to be generic and boring... give your children a taste of their holiday!
2. Choose pizza toppings with vegetables, fish and lean meats. Try to stay away from meats high in fat and salty such as pepperoni or salami.
3. Avoid pastries such as croissant and pain au chocolate for breakfast as these are high in saturated fat. Opt for fresh fruit and crusty bread instead.
4. Choose lean meats such as chicken, fish and vegetables rather than steaks and fatty cuts of meat.
5. For desert eat fresh fruit and natural yogurt in the place of high fat and sugary puddings. Fruit on holiday tastes so much better, this could also be a way to develop your child's pallet.
6. Keep hydrated and drink lots of water, you are moving around more than usual and the temperature will be hotter.
7. Don't skip meals: keep your metabolism working, eat three good meals a day.
8. Be aware of portion sizes: restaurants tend to serve overwhelmingly large portions, so only eat enough to make you full.
9. Trying opting for fresh salads and fish for meals and make the most of the cuisine.
10. Remember to enjoy the food you are being served, be adventurous and taste the flavours of your holiday destination.

Enjoy your holiday, the food served and go have fun!