Everyday Wellness

With the semester coming to an end and stress levels slowly beginning to decline, vacation is upon us. Vacations and road trips are a time to relax and explore the world around us.

Planning a trip can be difficult, but one area that is often involved in planning a trip is researching the best restaurants in the area and determining if it will meet everyone's food preferences and medical needs on the trip. Some questions that often come up are---Is breakfast included at our hotel? What food or beverage is this area known for? What type of food does this restaurant serve? What are the prices of food in this area?

FIVE WELLNESS TIPS WHEN TRAVELING:

1. Pack snacks in your bag or buy snacks when you arrive to your destination.

Enjoy snacks between meals to stay energized throughout the day. When traveling, mealtimes may be sporadic. Often, this leads to a pattern of feeling overly hungry before our meals and feeling less mindful during mealtimes.

Below are several non-perishable snacks to keep in your bag:

- Trail Mix or Fruit & Nut bars
- Protein bars or Granola bars
- Chicken or Beef Jerky
- Dried Fruits
- Roasted Chickpeas or Edamame
- Popcorn or Whole Grain Crackers

2. Carry a reusable water bottle with you!

We tend to vacation in the hot summer sun and spend long hours outdoors, so do not forget to hydrate. Hydration can also fight the feeling of fatigue and keep the immune system at its peak.

3. Add at least one vegetable to your meals for vitamins, minerals, and fiber.

4. Try a new meal or sign up for a cooking class to explore the different spices, herbs, and ingredients.

You may discover a new favorite food, a new flavor, or a new cooking technique.

5. Give yourself permission to eat all foods!

For more information please contact:

Krista Niezelski, MS, RDN, LD
Campus Dietitian
Krista.Niezelski@Sodexo.com
Mediterranean Salad Bowl with Tuna

**INGREDIENTS**

3 cups chopped romaine hearts or Little Gem lettuce

½ cup chopped red bell peppers

½ cup chopped English or Persian cucumber

½ cup coarsely chopped fresh flat-leaf parsley leaves

¼ cup sliced pitted green olives

¼ cup chopped red onion

One 7- to 8-ounce jar of tuna packed in olive oil or two 4- to 5-ounce cans packed in olive oil, undrained

2 tablespoons red wine vinegar

1 teaspoon dried oregano

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

**PREP TIME:** 5 to 8 minutes

**YIELD:** 2 servings; 2 cups each

**INSTRUCTIONS**

1. Bring water to a full rolling boil. Add penne to boiling water. Stir while returning to a brisk boil. Reduce heat. Simmer for 10 to 12 minutes or until just tender. Drain well and use immediately.

2. Toss all ingredients in a large bowl until evenly coated and well combined. Cover and refrigerate for 45 minutes to 1 hour to marinate. Drain and discard excess marinade prior to use.

**NUTRITION FACTS: 1 Salad**

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<th>Sat. Fat</th>
<th>Trans Fat</th>
<th>Chol.</th>
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<th>Carbs</th>
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2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

This product contains: FISH