




Stay Healthy on the Road

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Hot off the Press: Vegan Diets reduce arthritis pain

- Barnard ND, Levin S, Crosby L, Flores R, Holubkov R, Kahleova H. A randomized, crossover trial of a nutritional intervention for rheumatoid arthritis. *Am J Lifestyle Med*. Published online April 3, 2022.
- N = 44 participants with rheumatoid arthritis
- Followed a vegan diet or no diet change (placebo group) for 16 weeks, then switched places after a four-week washout phase.
- The diet group also eliminated common pain-trigger foods and reintroduced those foods one-by-one over the next nine weeks to assess participants' reactions.
- Joint pain, the number of painful joints, and pain severity improved more in the diet group than in the placebo group.









Tips for Traveling and staying on track

- Be prepared
- Where will you be traveling?
 - Local? US? Europe?
- How will you be traveling?
 - Trains? Planes? Automobiles? Feet?
- Hotel? House/Apartment? Kitchen?

Plane travel

- Pack food for the plane ride and waiting in airports
- Fruits/veggies
- Hummus
- Peanut Butter
- Sandwiches
- Snack foods ie. cereal mix, muffins
- If you have to eat at airport: most have salads, veggies burgers, fruit, etc.



Road Trip

- Fill cooler or get cheap cooler when you pick up rental car at your destination
- Head to grocery store/Walmart and fill up the cooler
 - Order online and just pick up
- Sturdy fruits and veggies
- Bread and sandwich fixin's
- Healthy snacks, bars, nuts, etc.





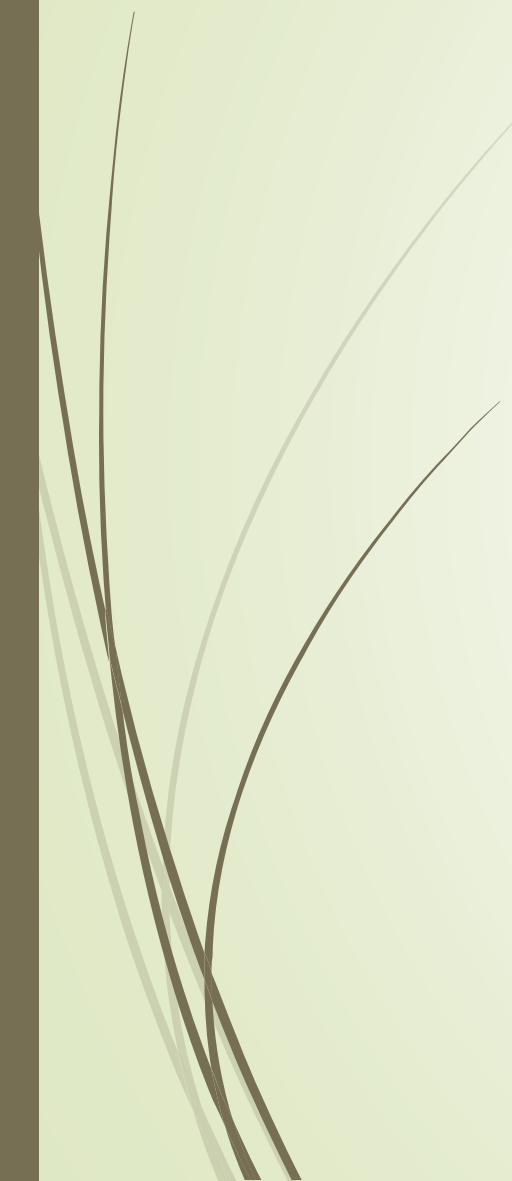


Be prepared

- Bring some staples
- Non-perishable or items that will be okay for a day or two
- Nuts, seeds, dried fruits
- Fresh fruits
- Carrots/celery
- Hummus, crackers/veggies
- Pre-made sandwiches for short day trip
- Baggie of oats or cold cereal
- Individual non-perishable non-dairy milk (soy, almond)
- PB2 or single serving nut butters



Get some staples when you get there

- Oats or cereal
 - Peanut butter
 - Bread/rolls/crackers
 - Honey/jam
 - Sturdy fruit
 - Veggies that will be okay a few days without refrigeration
 - Make lunches from the breakfast left-overs
 - Google when the Farmers' Markets occur
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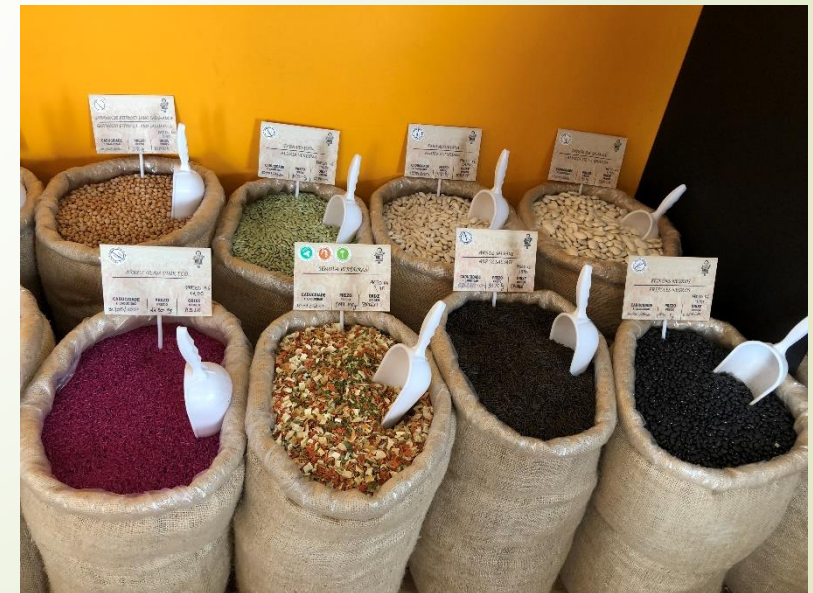


Hotel stays

- Book in areas near the foods you like (ie. plant-based restaurants, Trader Joe's)
- Ask for a refrigerator
- Do they have a microwave?
- Fill up your cooler from the ice machine
- Walk the neighborhood to find spots for foods, Farmers' Markets
- Bring leftovers back to the hotel

Shopping

- Pick up fruits and veggies
- Salad fixings
 - Boxed lettuce mix
 - Baby carrots
 - Salsa, lime, lemon
 - Cherry tomatoes
 - Canned beans
- Canned soups





Eating Out?

- Shop the whole menu – including the sides
- Try ethnic restaurants
- Look menus up ahead on smart phone or web
 - Yelp
 - Urban Spoon
 - Happy Cow
- Have your 'go-to' meal that you know you can get at every restaurant:
 - Think 'MyPlate'
 - Salad/veggies/beans/lean protein
 - Always ask for what you want





Plan an active vacation

- Walk/Hike
- Bike/e-bike
- Kayak, canoe, row boat
- Walking tours
- Food tours
- Walk the outdoor markets
- Get up early and wander the town without the crowds





Traveling Coast to Coast or Walkabouts

- Google 'coast to coast'
- Most countries have some sort of cross country hiking companies
 - England
 - Ireland
 - Spain – Camino del Santiago
 - Australia
- In California – Tom McCourtney – Northern California Walkabouts (and Southern California also)
- 17 mile San Francisco Crosstown Trail
- Great way to see the world 😊



Some snacks for your trip

- Sushi Sandwich
- Onigirazu
- Jingalov Hats
- Thai Spring Rolls
- Cereal mix
- Oatmeal bites



Healthy Homemade Cereal

MAKES 5 ¼ cups



INGREDIENTS

1 cup old fashioned rolled oats

1 cup puffed rice or rice crisps

½ cup buckwheat groats

½ cup quinoa flakes

½ cup chia seeds

¼ cup hemp seeds

¼ cup slivered almonds

¼ cup sunflower seeds

½ cup raisins

½ cup goji berries

1 teaspoon cinnamon

½ teaspoon vanilla powder (optional)

Optional add ins: ¼ cup coconut flakes, ¼ cup walnuts, 2 tablespoons camu camu powder, 2 tablespoons matcha powder, 2 tablespoons cocoa powder

INSTRUCTIONS

Add all ingredients to a large bowl and mix. Transfer to mason jars and store in a dry, cool place.

NOTES

Omit vanilla powder if you don't have any.

A single serving would be ½-1 cup for a meal, ¼ cup for a snack.

Oatmeal Cookie Dough Bites, Dr. Greger

- 1 cup rolled oats
- 1/2 cup cashews
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 cup (packed full) pitted dates
- 1/4 cup raisins (optional)
- 1-5 teaspoons of water, as needed





INSTRUCTIONS

- In a food processor, add the oats, cashews (or hemp seeds), and cinnamon. Process until oats and cashews are a coarse flour.
- Add the dates to the food processor. Process the ingredients together.
- Add the vanilla and pulse together. If the dough is not sticking together, add 1-5 teaspoons of water (start with 1 and add more as needed). Continue to process until the dough starts to form a ball or at least sticks together when pinched.
- Spread the dough out and sprinkle the raisins on top. Fold the dough together until the raisins are well incorporated into the mixture.
- Roll the dough into 12-15 small balls. Place the bites into a large glass container. Enjoy as is, or transfer to the fridge or the freezer to allow it to set.
- **NOTES**
- Variations: Omit the raisins for a cinnamon oatmeal bite. Swap the 1/2 cup dates with 1/2 cup raisins. Use 1/2 cup hemp seeds in place of the 1/2 cup of cashews.

How to upgrade the PB&J

- Add fruit:
 - Pomegranate seeds
 - Bananas
 - Apple slices
- Grill it
- Turn it into French Toast
- Change up the bread:
 - Raisin bread
 - Freezer waffles





**"HAPPY
TRAILS"**