



GET EDDIE'S TRAINING VIDEOS
WATCH NOW >
MasterTheShift.com

LOOK CLOSER Nissan Delivers

NISSAN

Men's Health | FITNESS | SEX & RELATIONSHIPS | HEALTH | GUY WISDOM | WEIGHT LOSS | NUTRITION | STYLE |

VIDEO

SEARCH

TOOLS | EXPERTS | GEAR | DISCUSSIONS | PERSONAL TRAINER | STORE | SUBSCRIBE

MH WEEKEND



The Traveling Man's Eating Plan

Discover expert diet strategies that will help you stick to your weight-loss plan while you travel

David Schipper

Summer may be travel season, but any time of year, a man who travels needs a flexible, no-thought eating strategy. We asked Jeff Volek, Ph.D., R.D., a nutrition researcher at the University of Connecticut, to create an effective diet that allows for indulgence without the need for calorie counting. His solution: a low-carb diet with benefits.

A quick explanation: Every time you eat high-carb foods—bread, pasta, rice, any product made with sugar or flour—the level of insulin in your blood rises. Insulin is a powerful hormone that signals your body to stop burning and start storing fat. How powerful? Volek and his colleagues asked 20 men to follow a strict low-carb diet for 6 weeks. But instead of telling them to downsize their portions, the scientists encouraged the study participants to eat all they wanted. When the results were tallied, the men had still dropped an average of 7 pounds of fat and had significantly lowered their risk of heart disease. "We calculated that 70 percent of the variability in fat loss was explained by the reduction in insulin levels," says Volek. "That's a powerful

The Dirt on Hotel Rooms

We asked industry insiders to help us peel back the covers on your home away from home

THE SECRETS "Eco-Friendly" Actually Means "Dirty Sheets"

Here's a travel tip you might not have heard: Bedspreads are often cleaned just once a month. But sheets can dodge detergent, too. "Some hotels take a unique approach to the water-conservation trend," said the

effect."

Now think about that in reverse. If you're constantly downing carbs, as most Americans do, you'll be in fat-storing mode all day long. And you don't need a study to tell you what that's done to our collective waistline.

Try low-carb eating yourself and you'll limit your number of daily insulin spikes, keeping your body in fat-burning mode most of the time. After all, when it comes to your gut, "most of the time" is what matters.

Here's what to do: Using the guidelines below in "How to Eat on the Road," choose from the lower-carb group as often as you can—most of the time, in fact. But when those foods aren't available, go ahead and enjoy selections from the higher-carb group. To keep yourself honest, use this rule of thumb: Each time you choose a higher-carb food, try to have at least three lower-carb meals or snacks before dipping into that well again. What about alcohol? You can down up to two glasses of wine (10 ounces) or light beer (24 ounces) a night.

How To Eat On The Road

Lower-Carb: The foods you should choose most of the time

Beef, poultry, pork, seafood, vegetables (except potatoes), fruit, nuts, eggs, cheese, milk, plain yogurt, water, low-carb protein bars and shakes, unsweetened coffee and tea, diet soda

Higher-Carb: The foods you should eat in limited quantities

Bread (and other foods made with flour), rice, pasta, hot and cold cereals, potatoes, chips, pretzels, sweetened yogurt, cookies, cake, pastries, candy, granola, sugar, sweetened beverages

7 More Ways to Take a Load Off

Forget about the menu. In restaurants, determine your order before you even see the options. "Most people choose with their eyes and not with their heads," says Christopher Mohr, Ph.D., R.D., a personal nutrition consultant in Louisville, Kentucky. At dinner, for example, you should decide that you're ordering a salad as your appetizer (eat it instead of the bread), and steak, chicken, or fish with the vegetable of the day as your entrée.

Consider staying at a bed-and-breakfast. Per the name, B and Bs typically offer a convenient, home-cooked breakfast, unlike motel chains, which usually provide a serve-yourself selection of cold cereals and pastries. At a B and B, you'll have access to plenty of low-carb menu items. (Omelet, anyone?) For a nationwide directory of more than 6,000 B and Bs, go to bedandbreakfast.com.

Manage temptation. When reserving a room at a major hotel, ask for your minifridge to be stocked for a diabetic. "This is a frequent request, and most hotels oblige by swapping out high-sugar junk foods for milk, cheese, vegetables, diet soda, and fruit," says Cynthia Finley, R.D., a clinical dietician at the Johns Hopkins Weight Management Center. The downside? Don't expect a break from the normal in-room price-gouging.

Keep your laptop on the desk. "If you work in bed, you associate the bed with wakefulness and activity, not with sleep and relaxation," says Mark Rosekind, Ph.D., the president of Alertness Solutions and a former sleep scientist at NASA. Why is that so important? Because men average 2 to 3 fewer hours of sleep when they are traveling for business. This disturbance in

housekeeping director we interviewed. "Unless they look soiled, sheets may not be changed."

The solution: Ask for fresh sheets. "When I travel, I change my own sheets," says one hotel director.

Your Bill is Bogus

The average business traveler is overcharged \$11.35 a night, according to an audit of hotel bills by Corporate Lodging Consultants, a firm that helps companies and governments trim travel costs. Beware of fees for fridges, or anything labeled "local."

The solution: Question every charge, especially at the end of the month, says one hotel controller. "It's unbelievable what managers do to make budget."

Upgrades Can Come Cheap

Here's a travel tip from insiders: Upgrade at check-in. Full occupancy is rare—the average is 63 percent, according to the American Hotel and Lodging Association, and suites are often vacant. "A smart manager knows that the cost to clean a suite is roughly the same as for a regular room," says one manager.

The solution: Make the hotel more money. Offer 20 percent more than your current rate for the upgrade; you could be sleeping in a suite.

Some Souvenirs Have Legs

Hotels are a haven for bedbugs. Pest-control companies say hotels account for more than 37 percent of their bedbug business, according to *Pest Control Technology* magazine.

The solution: Search for your hotel on bedbugregistry.com. Scan mattress and couch creases for the reddish brown bloodsuckers and their black droppings, says Jason Rasgon, Ph.D., a public-health professor at Johns Hopkins. At home, dry your clothes on high for 45 minutes to kill stowaways.

The Bathroom is Cleaner Than the TV Remote

Often, the worst germ incubators are the frequently touched surfaces: the thermostat dial, phone, and remote. Chuck Gerba, Ph.D., a professor of microbiology at the University of

your internal clock decreases your levels of leptin (a hormone that delivers feelings of satiety), and increases levels of ghrelin (a hormone that sparks hunger). "The net effect is that your appetite increases by 23 percent," says Rosekind.

Invite a new client to dinner. In a recent study, researchers at the State University of New York at Buffalo observed that men consumed 35 percent fewer calories when eating with strangers than when breaking bread with friends.

Be your own man. When ordering dinner with a group, don't follow the overeating crowd—it could benefit your career. "If your boss and colleagues see you eating healthfully, you're going to look like an outcome-driven leader," says behavioral therapist Robinson Welch, Ph.D., clinical director of Washington University's weight management program. "It sends a message that you want to be successful. That you'll take care of business the same way you take care of yourself—effectively," says Welch.

Keep a stash of protein bars, but use caution. "Energy bars are typically designed for athletic performance, and contain around 300 calories and lots of sugar," says Finley. Your best option: Snickers Low Carb Marathon bar. It has 160 calories, 14 grams of protein, and just 1 g sugars. "Plus, it's a comfort food because it mimics a candy bar."

Arizona, actually found more traces of fecal matter on these surfaces than in the bathroom.

The solution: Use hand sanitizer, and wash your hands frequently. A recent study reports that cold germs linger for more than a day on surfaces.



Advertisement



Sponsored Links

#1 Secret To Lose Weight

Learn How A Mom Cut Down 47lbs In 3 Months by Obeying This 1 Rule!
HaileysWeightLoss.com

Colon Cleanse - Warning

Read Proven Reviews For Colon Cleansing Weight Loss Products.
www.BurnStomachFatHelp.com


Top 3 Colon Cleanses

Top 3 Colon Cleanse & Detox Reviewed by Experts. Must Read!
productreviewsrus.info/Top3Cleanses

Rezveratrol Side Effects


Warning! Want To Try Rezveratrol? Have You Considered Side Effects?
www.WebMD-Resveratrol.com


EXPERIENCE
TORONTO'S
FINEST



THIS SUMMER,
ENJOY AN
EXCLUSIVE
\$200 VALUE
OFFER FROM
AIR CANADA
AND SELECT
HOTELS.

[CLICK HERE](#)




Toronto Convention & Visitors Association

- categories [Home](#) | [Fitness](#) | [Sex](#) | [Health](#) | [Guy Wisdom](#) | [Weight Loss](#) | [Nutrition](#) | [Style](#) | [Video](#)
- services [Abs Diet Online](#) | [Discussions](#) | [Experts](#) | [Subscribe](#) | [Personal Trainer](#) | [RSS](#) | [Tools & Quizzes](#) | [Abs Diet Newsletter](#) | [Men's Health Newsletter](#) | [Men's Health Daily Dose](#) | [Gift Subscriptions](#)
- help [Customer Service](#) | [Contact Us](#) | [Manage Your Subscription](#) | [Sitemap](#)
- corporate [Advertise](#) | [Events and Promotions](#) | [Press Releases](#) | [Retailer Program](#) | [Your Privacy Rights](#) |
- other rodale [Rodale](#) | [Best Life](#) | [Bicycling](#) | [Mountain Bike](#) | [Organic Gardening](#) | [Prevention](#) | [Runner's World](#) |
- sites [Running Times](#) | [Women's Health](#) | [iYogaLife](#)
- MH [Australia](#) | [Brazil](#) | [China](#) | [Croatia](#) | [Germany](#) | [Greece](#) | [India](#) | [Italy](#) | [Korea](#) | [Malaysia](#) | [Netherlands](#) |
- international [Philippines](#) | [Poland](#) | [Portugal](#) | [Romania](#) | [Russia](#) | [Serbia](#) | [Slovenia](#) | [South Africa](#) | [Spain](#) | [Turkey](#) | [UK](#) | [Ukraine](#) | [Slovenia](#) | [South Africa](#) |