



TIPS ON TRIPS



National Survey Finds Digestive Health Problems Widespread Among Travelers

Registered Dietitian Leslie Bonci Offers On-the-Go Food Solutions

(NAPSA)—A recent survey by CondéNet, an online division of Condé Nast Publications, and the California Dried Plum Board (CDPB) has found that digestive health issues are widespread among travelers:

- More than three-quarters (77 percent) of travelers surveyed report at least occasional digestive health problems while traveling.
- Nearly half (42 percent) report constipation problems while traveling.
- Approximately 20 percent of all travelers attribute their digestive health problems to eating poorly while on the road, more often than other factors such as not enough sleep, too much stress and being dehydrated.



Leslie Bonci

“The disruption of one’s normal routine/schedule is inevitable when one travels. But eating poorly is controllable by the individual,” says Leslie Bonci, M.P.H., R.D., director of sports nutrition at the University of Pittsburgh Medical Center. “You can’t control long lines at check-in, flight delays or jet lag, but you can take control of your digestive health and improve your overall health and well-being.”

Bonci, who is author of the “American Dietetic Association Guide to Better Digestion” and the team nutritionist for the Pittsburgh Steelers, encourages people to create a Good Gut Travel Kit. She came up with the kit concept for her patients who expressed concern about digestive issues while traveling.

Bonci says a Good Gut Travel Kit is her “nutrition prescription” for preventing or alleviating digestive discomfort while on the road. It’s easily assembled with items you can buy at a well-stocked



Make your own Good Gut Travel Kit to help keep your tummy content when you travel.

supermarket, health food store or online. Nutrient-dense California Dried Plums top the list. Dried plums help maintain good digestive health and have important vitamins and minerals, including potassium, magnesium and fiber. Also included in the kit are teas—chamomile, which may reduce cramps, and raspberry leaf tea, which helps with diarrhea. The kit is complete with crystallized ginger, which may help combat nausea, and ground flaxseed, which may also help with regularity.

While the Good Gut Travel Kit was developed with her traveling patients in mind, Bonci says it’s also crucial to educate yourself on the right food choices even when you’re not traveling, in order to maintain good digestive health.

“It is a myth that foods that promote digestive health aren’t convenient for people on the road or who have a busy lifestyle. I always bring whole wheat crackers, packets of hot cereal, small cans of fruit nectar, and dried fruits like dried plums to keep my gut healthy,” Bonci said.

Leslie Bonci, M.P.H., R.D., serves on the Digestive Health Organization Advisory Board, which was created by the CDPB. For more information regarding California Dried Plums or digestive health, visit www.californiadriedplums.org and www.tummywise.com.