

Smart Foods

Tips To Keep Energy And Stamina Up While On The Road

(NAPSA)—Attempts to eat well don't have to take a vacation whenever you're traveling, whether for work or fun.

In fact, starting the day with foods loaded with ingredients rich in iron, fiber, omega-3 essential fatty acids, vitamins, antioxidants and other nutrients is essential to keep travelers focused while keeping stamina levels up when on the road. To keep those energy levels cranked, here are a few tips:



**"Top Chef" star
Chris Jacobson**

- **Stay hydrated.** It's possible to think you are hungry and make a poor snack choice when in fact you are thirsty. Be sure to have drinking water available throughout the day.

- **Snack smart.** Before heading out to catch a train or plane, pack a snack of vegetables, fruit, string cheese or low-fat pretzels. Whole grain crackers are also a good choice, as is a sandwich made with whole grain bread.

- **Prepare for your big day with a good breakfast.** Research shows that breakfast is the most important meal of the day (aiding in performance, stamina, weight loss and heart health, according to the experts at the American Dietetic Association and the American Heart Association), yet many Americans skip breakfast.

Smart hotels like Hilton Garden Inn (HGI) make it easier for their guests to eat sensibly while



Whether you are tackling business goals or taking a family vacation, be sure to start your day on the road with an energizing breakfast.

traveling. The upscale mid-priced brand recently worked with "Top Chef" star Chris "CJ" Jacobson to develop a breakfast menu with ingredients that can maximize energy and stamina in a way that is both sensible and tasty.

"When designing the menu, I relied heavily on my own nutritional habits on the road as a professional athlete," said Jacobson.

The resulting "BIG DAY Breakfast"™ menu features dishes geared to keep travelers going, including "The Hearty Hash," which combines beef brisket (or seared tofu), sweet potatoes, leeks, eggs and whole wheat bread; and a granola and flaxseed parfait made with Greek or plain yogurt, honey and fresh strawberries.

With any luck and some smart choices, travelers may return from vacation eating well and in better shape than before.

To check out the recipes that are part of the "BIG DAY Breakfast"™ menu, visit www.hgi.com/bb.