

Smooth Sailing without Sacrificing Your Health!



Bountiful buffets, delectable desserts, and irresistible caloric creations fill the decks of every cruise ship, yet there is no need to throw your commitment to diet and fitness overboard! The culinary temptations on the crystal seas can be managed with moderation and balance so you can leave the ship without ever gaining a pound. Most cruise lines have added healthier fare, but the choice is still yours – “to have or not to have” is the question and the answer is up to you. Cruise through these top tips to enjoy your journey and stay on track without sacrificing taste or pleasure!

- Go with a plan. Yes you're on vacation... it's time to relax, take a break, and get away from it all, but a little prep and planning keeps those pounds away. Maybe plan to “treat” yourself on odd days and practice moderation on even days, or share desserts with your partner and keep each other in check. Whatever the plan, it's a guideline and it helps keep you balanced.
- Scope out the buffet BEFORE you fill your plate! Pre-plan your meal; carefully choose the foods you really want to eat. REMEMBER: The choice is always on your plate!
- Check out menus in the morning so you can plan for the day. If you plan to order a “meat meal” for dinner, go for a big salad, fish, or poultry for lunch.
- Request meals the way YOU like them. Ask for grilled, broiled, baked, steamed, or stir-fried rather than sautéed, fried, or breaded. Avoid anything swimming in sauce, cheese, or gravy – keep it plain and simple; add your own condiments.
- Substitute! Substituting or making alternate choices can often save hundreds of unwanted calories and fat grams.
- Focus on portions and serving sizes. Avoid heaping platefuls and supersize servings that accumulate massive amounts of calories and fat in a hurry!

Remember: there are no bad foods, just bad portions!
Picture this:

- o Woman's fist or baseball = 1 serving vegetables or fruit
 - o Deck of cards = 1 serving meat, fish, poultry (1 chicken breast, 1/4 lb. hamburger patty, 1 medium pork chop)
 - o Golf ball or large egg = 1/4 cup dried fruit or nuts
 - o Tennis ball = 1/2 cup ice cream
 - o Computer mouse = 1 small baked potato
 - o Thumb tip = 1 teaspoon peanut butter
 - o Six dice = 1 serving cheese
 - o Check book = 3 oz. serving fish
- Fill 1/2 your plate with vegetables and fruit; fill the rest with lean meats and other foods without heavy sauces, gravy, cheese, etc.



- Select a smaller plate and NEVER go back for a second round!
- If you indulge or splurge at one meal, balance it out at the next meal with a lighter meal.
- Increase intake of water-rich foods to keep you feeling



fuller and reduce bloating. Top water-rich foods you might want to include: cucumbers, papaya, watermelon, tomatoes, tomato/vegetable juice, grapefruit juice, cream of wheat/oatmeal, squash, apricots, pineapple, spinach, yogurt, low-fat cottage cheese, beans, berries, asparagus, cauliflower, broccoli, cabbage, melons.

- Watch liquid calories! Those sweet drinks with pretty umbrellas pack a pretty punch of calories. Substituting tomato juice or vegetable juice cocktail with celery sticks, diet cola with lime, or wine spritzers will save you more than 150 calories.
- Plan for snacks. Bring Ziploc baggies or small containers to create your own snacks. Make “goodie bags” of fresh fruit, vegetables, yogurt, etc. that you can take to your room or on off-shore adventures.
- You can have your cake and eat it too, but choose wisely! Go for sorbets, angel food cake, fresh fruits – the nights you just can’t resist those mouth-watering treats, compensate with a little extra activity the next day! Always decide which temptations are worth the indulgence, never feel guilty, and congratulate yourself on your commitment to health!
- Drink water! Add a slice of lemon for a refreshing lift!
- Dance away the night and avoid those late night buffets! You’ll keep on burning and avoid packing on unwanted pounds.
- Plan for fitness everyday. Whether you take part in cruise fitness activities (aerobic classes, fitness walks, etc.), walk on the beach or walk the deck, regular activity will keep your body balanced and on track.
- FINALLY...Rid yourself of the mindset: if it’s free and available, I’ve got to have it! Replace that with: if I make healthy choices, I’ll walk away a happier and healthier person!



SWAP...	FOR...
Cheese omelet, bacon, and sweet rolls	4 egg white omelet stuffed with spinach, broccoli, and sprinkling of feta or Parmesan cheese; 1 slice whole grain toast or 1/2 English muffin with preserves; 1 cup fresh melon, pineapple, or tropical fruit
Cheeseburger, fries, and vanilla shake	Grilled turkey or veggie burger with lettuce, tomatoes, red onion, and pickles; baked potato with salsa; smoothie prepared with fresh fruit and nonfat yogurt or skim milk
Chicken or tuna salad with chips	Tossed green salad with a variety of veggies and grilled chicken or salmon; top with low-fat or fat-free salad dressing or balsamic vinegar; whole grain bread roll; fresh fruit
Pepperoni or sausage pizza	Request pizza crust topped with marinara sauce, grilled veggies, and a sprinkling of Parmesan cheese
Alcohol, soda, juice, sweetened tea	Water, club soda, unsweetened tea, diet soda
Foods that are described as “crispy,” “creamy,” “au gratin,” “battered,” or “breaded”	Foods that are steamed, poached, baked, grilled, roasted, or boiled
Fried rice	Steamed brown rice
Chips and salsa	Raw carrots and celery and salsa
Clam chowder or other cream-based soups	Gazpacho, minestrone, or broth-based soups
Marinated and prepared salads or fruit salads with whipped cream	Fresh vegetable and fruit salads with low fat or fat-free dressings on the side
Mayonnaise or regular salad dressing	Mustard, flavored vinegar, salsa, low-fat or fat-free salad dressings
Pancakes and waffles	Cream of wheat, oatmeal, or other fiber-rich cereal with fresh fruit and skim milk

