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How I eat when on vacation
Wednesday, October 10, 2012

When in Rome, I'll eat the gelato.
When in Germany, I'll eat the strudel.
When in Athens, I'll eat the baklava.

There's a pattern here. Obviously, I have a sweet tooth and part of the fun of visiting new places is eating the specialties of the culture. My photo album includes lots of pictures of my eating my way across Europe.

Yet the lessons of healthy eating stay with me. Although I ate lasagna, bratwurst and moussaka in the cities mentioned, it wasn't an inordinate amount. Basically, I ate like the locals.

Fortunately, vacations to us mean a lot of active sightseeing. You really get a feel for the place when on foot. Castles, we discovered, are mostly situated straight up the mountain. Whew, I'm glad I wasn't wearing armor.

It was different though when traveling through the USA by car. Last year by coincidence we had a group of special occasions to attend in different cities across the country. We drove 4000 miles over 4 weeks. I made the best choices available and still came home 6 pounds heavier. Once back to tracking, the extra weight disappeared, but not quite as quickly as it had been gained.

Some of my vacations include a search for my ancestral roots.
So when in Slovakia, I'll eat the kolach, but once home again I'll skip the pop tarts.

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SOUTH_FORK   v
I agree- there are local treats that are just too good to pass up! Since two young kids (and a light wallet) will likely keep me stateside for a while, I'm thinking about doing a monthly "culinary tour" night, so I can share some of those goodies with the wee ones and teach them about geography!
3168 days ago

ROSEWAND   v
I have never gained weight one time when traveling in Europe. Walking, walking, walking is the key.
I always eat whatever I want. Gelato and pasta every

day is a must in Italy, baguettes and cheese in France, and wine everywhere.

The food is always great and walking through Europe is wonderful.

Enjoy!

3169 days ago

Comment edited on: 10/10/2012 1:08:14 PM

62NVON v
Love your attitude!
3169 days ago

WILSONWR v
Sounds like you had a great time travelling. My eating on vacation is similar to yours, but I go for the meats. I love a good schnitzel or brat when I'm in Germany, but I also do a lot of hiking there. It's worth having to lose a few extra pounds when you get back to really enjoy the local culture and food while you're away!
3169 days ago

CD12758218 v
I am also usually very active on my vacations and even eating more food, tend to lose weight. Long before the book came out, I joked about the Paris Diet where I ate a good deal but walked all day and came home lighter. I also find when I am not working, I eat less since I do not feel bored, stressed and/or trapped. I figure when I retire, I should go down at least another size LOL.
3169 days ago

NELLJONES v
I'm glad you found your key to successful vacationing.
3169 days ago

MAHGRET v
Great attitude!
3169 days ago

CELIAMINER v
So agree! In Germany, despite the beer and giant pretzels, I ended up lighter (after eliminating the water weight) than I was before I left because we walked everywhere.
3169 days ago

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