



Eating Well When You Travel for Work

Stay sharp, energised and on track on the road

Work travel is where good routines tend to fall apart: early starts, airport food, back-to-back meetings and client dinners. You cannot control everything on the road, but a few simple habits keep your energy, focus and goals intact without making you the awkward one at dinner.

Airports and flights

- Cabin air is very dry, so plane travel is dehydrating. Carry an empty bottle through security, fill it after, and sip throughout. Dehydration feels a lot like jet lag and hunger.
- Go easy on alcohol and heavy on water in the air. Alcohol worsens dehydration and wrecks sleep.
- Do not arrive at the gate starving. Pack a protein-and-fibre snack (nuts, a protein bar, fruit, oatcakes) so a meal deal or pastry is a choice, not the only option.
- Move when you can: walk the terminal, stretch on long flights. It helps circulation, digestion and energy.

Hotels and long days

- Make breakfast your anchor meal: eggs, yoghurt, fruit, wholegrains and some protein set up steadier energy than a pastry-and-coffee start.
- Keep the room stocked, not the minibar: a supermarket run for water, fruit, nuts and yoghurt saves you from vending-machine decisions at 9pm.
- Caffeine is a useful tool, but keep it to the morning. Late coffee to push through fatigue costs you the sleep you need to recover from travel.

Restaurants and client dinners

Instead of	An easy swap
Bread basket while you wait	A glass of water first, order some veg or a light starter
Ordering the same as the table	Build a plate: a protein, some veg or salad, a sensible carb
A drink with every course	Alternate each alcoholic drink with water, set a limit before you start
Dessert on autopilot	Share one, or a coffee. Enjoy it when you actually want it

Jet lag and meal timing

- Get onto local meal times as fast as you can. Eating with the new day helps your body clock reset.
- Keep meals lighter and simpler when your body clock is confused. Heavy, rich meals late feel worse across time zones.
- Daylight and a short walk after landing help more than any supplement.

You do not need to be perfect on the road, just consistent enough. Hydrate, anchor your breakfast, keep a snack on you, and enjoy the dinners without letting every one become a blowout. Small habits travel well.

Where to learn more: the NHS Eatwell Guide, the British Nutrition Foundation, and the British Dietetic Association (BDA). See also our Energy Through the Workday, Hydration and Alcohol guides.

This leaflet is general nutritional guidance for education only. It is not medical advice, diagnosis or treatment, and it does not replace advice from your GP or a registered dietitian. Always check with a qualified professional before making significant changes, particularly if you have a health condition, are pregnant, or take medication.

Ready to take the next step? Book a free call or start your food diary analysis at performancenutritionlondon.co.uk