



Nutrition on Holiday

Enjoy every trip without undoing your progress

Holidays are for enjoying, and food is a big part of that. The goal is not to diet through your break, it is to enjoy it fully without coming home feeling like you have to start again. A relaxed, balanced approach beats an all-or-nothing one.

Buffets and all-inclusive

- **Start with the salad and veg.** Filling half your plate with vegetables or salad first takes the edge off your hunger, so you eat less of the richer food, and the fibre helps keep your blood sugar steadier, which means fewer energy crashes and less grazing later.
- Have a proper protein at each meal (eggs, fish, chicken, beans). Protein is the most filling nutrient.
- One plate, thoughtfully built, beats five trips on autopilot. Choose what you actually fancy, not a bit of everything, and eat to comfortably satisfied, not stuffed. You can always come back tomorrow.

Eating out and local food

Trying local food is part of the trip, so enjoy it. Balance works best across the day, not every single meal: a lighter, veg-and-protein breakfast and lunch leaves room to enjoy dinner. Think 80/20, with genuine treats you actually savour rather than mindless picking.

Self-catering, Airbnb and family stays

- Do one supermarket shop when you arrive: fruit, yoghurt, eggs, veg, good bread and some easy protein make the healthy choice the default all week.
- You control breakfast and lunch here, so keep them simple, which leaves room to enjoy eating out in the evening.
- With family, keep it easy, not awkward: eat what is served, add some veg or salad, stick to your normal portions, and you never have to finish everything.

Drinks, movement and mindset

- Alcohol is liquid calories and lowers your guard around food. Pace it, alternate with water, and have some drink-free days. Cocktails and all-inclusive drinks add up fast. See how a week of holiday drinks adds up with our [Alcohol Units & Calories](#) tool.
- Stay hydrated, especially in the heat. Thirst is easily mistaken for hunger.
- Keep moving in a way you enjoy: walking, swimming, exploring on foot. It is about feeling good and keeping some routine, not burning it off.
- Drop the guilt. One indulgent meal, or day, never undoes your progress, and stress about it helps no one.

Tummy troubles and food safety

A new destination can mean unfamiliar bugs. Wash your hands, be sensible with tap water and ice where advised, and let hot food be properly hot. For destination-specific advice, vaccinations or persistent illness, check NHS Fit for Travel or a travel clinic before you go, and see a doctor for anything severe.

Come home and just carry on. There is no need to crash-diet to make up for a holiday, that only sets up the next binge. Get back to your normal meals, hydration and movement the next day, and it barely registers.

Where to learn more: the NHS (including NHS Fit for Travel for food and water safety), the British Nutrition Foundation, and the British Dietetic Association (BDA). See also our Alcohol, Balanced Plate and Behaviour Change 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