

DIABETES AND DIET: *TRAVELING TIPS*

RECOMMENDATIONS

- » **Bring in your carry-on bag or have handy in the car, bus, or train:**
 - » **Pack twice as much medication** and supplies as you think you'll need. If you are flying, keep the medicine in the pharmacy bottles to help TSA identify them. Keep them from being exposed to heat, direct sunlight, or freezing.
 - » **Pack healthy snacks**, like fruit, raw veggies, nuts, and seeds.
 - » When flying, diabetics are exempt from the 3.4 oz liquid rule for medications, fast-acting carbs like juice, and gel packs to keep insulin cool.
 - » **Drink plenty of water** when you travel.
- » **Monitor your blood sugar often and remember:**
 - » Changes in activity level can affect your blood sugars.
 - » High outdoor temperatures can affect your blood sugars.
- » **Choose healthy options on the go:**
 - » Sandwiches, fruits, nuts, yogurt.
 - » Salads with chicken or fish.
 - » Eggs and omelets.
 - » Burgers with a lettuce wrap instead of a bun.
 - » Fajitas, without the tortillas and rice.

