

## The Vander Veer Report 1.1

Welcome to “The Vander Veer Report” where you will find my latest blog post, information about what’s going on in the world of nutrition, links to my favorite articles, tips and guidelines, recipes, my personal opinion on some products and trends, and much much more!

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### Healthy Eating While Traveling

Travel, that six letter word that brings fear and anxiety for anyone who is just starting to change their eating habits when looking to make a major lifestyle change. I ask this question; how do we handle fear? We prepare!

The key to eating healthy while on the road for work, with family or taking the kids from one place to the next all weekend long is to prepare for that trip and to have a plan in place. When it comes to day trips with the kids, traveling via airplane for work and settling in at the local hotel or staying over with family and friends during vacation the basic principles of healthy eating still consist of the following:

- Vegetable (fiber)
- Healthy Fat
- Protein

#### Travel for business

I dealt with the business trips for five years and from personal experience they can really wreak havoc on your overall health and nutrition goals that you’ve established for yourself. Don’t get me wrong the trips have plenty of perks such as new travel destinations, great restaurant meals and an excuse to get out of the office, but those road trips have a common pitfall in terms of the poor food choices you may make. These can include indulgent client dinners, unhealthy airport fare to the temptation of room service. All can quickly derail your healthy lifestyle and or training and performance goals.



So what to do?

The following tips may help you stay compliant and consistent with your nutrition, health, and performance goals.

- Pack a cooler (refreeze the ice packs when you arrive at the hotel, the staff shouldn’t give you any problems)
- Ask the airline ahead of time for a special meal, or bring a healthy salad with lean protein onboard if available from one of the restaurants outside of the terminal.
- Search out grocery stores and markets close to the hotel you will be staying in
- Search out healthy restaurant options close to the hotel you will be staying in
- Ship a box of healthy food ahead of time; it will be waiting at the hotel when you arrive
- Request a room with a small fridge for healthy food storage

Pack foods that don’t need to be immediately refrigerated:

- Nuts
- Seeds
- Jerky (great for filling you up and getting that needed protein)

- Dark Chocolate for the family! Make sure its 85% cocoa or higher though.

### **Visiting Family or Friends**

Whether you're traveling with others or staying in their homes, you may run into well-meaning food pushers. A key tip is to give relatives and friends a kind heads-up to your expectations when it comes to offering food to your children. Help them find other ways to express love and warmth such as reading a story or taking your child for a special outing.

### **Food Tips for Summer Travel with Kids**

The summer is usually the busiest time of the year for most families with kids. The little ones are out of school and now fill their time by participating in camps, joining recreational teams, and a variety of other activities. This can mean mom and dad become the designated taxi service which can throw off a healthy eating pattern very quickly. I suggest packing some of these travel-friendly foods listed below and to keep perishable items in a cooler with ice, so no one gets sick. If your child is at risk for choking, enjoy your food at a rest stop.



- Low carbohydrate Yogurt (Check the nutrition label, most loaded with sugar)
- Cheese sticks
- Any protein, beef, chicken, turkey, wild game, pork
- Cottage cheese
- Hard boiled eggs
- Sliced bell peppers, cucumbers or other easy-to-eat veggies
- Nuts and Seeds
- Popcorn
- Whole milk
- Water

Don't forget portable silverware and plenty of paper towels and wipes!

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### **This Week in Nutrition...**

This week I want to talk about something that I'm seeing more and more of when talking with my clients who are diabetic and that something is "stress & blood sugars". When I first sit down and meet with a new client it doesn't take long before the blame game comes out. I get it! I've been through it! Shoot sometimes

it still happens! I want to dismiss the current thought process that stress can cause your blood sugars to rise.

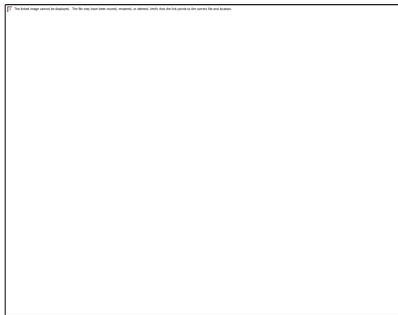


I always ask my clients where they get this information from and most of the time it's the neighbor (of course your neighbor is the expert! 😊) or their physician. What I've learned through research and digging into my client's blood sugar numbers is that stress elicits an action and depending on what that action results in may raise your blood sugar. Let me explain. You come home from work, are stressed, planned on enjoying that wonderful piece of grilled salmon with steamed asparagus and hollandaise sauce but end up gorging on chocolate covered pecans. It's not the stress that caused the spike in blood sugar...it's those damn chocolate covered pecans! Rule 1...keep YOUR kitchen clean...pantry, fridge, freezer...if you don't have it, you can't eat it!

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### Articles of the Week

This week it's all about sugar in my article of the week column.



### [Here's Why Sugar Makes You So Thirsty](#)

Just don't hydrate with a sugary drink!

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### Tips & Guidelines

Coffee - Looking for another reason to enjoy that cup of coffee? Recent research shows coffee consumption was associated with higher circulating levels of adiponectin and lower circulating levels of leptin. The study may suggest that improvement in adipocyte function contributes to the beneficial metabolic effects of coffee consumption. Adiponectin is a protein that is secreted by our fat tissue and is associated with increasing our sensitivity to insulin thus reducing our risk for diabetes and other conditions of chronic high blood sugars.



Curcumin – This spice may be gut-protector for both people traveling in hot climates and (endurance) athletes. Short term dietary curcumin (3 days at 500mg per day) supplementation reduces gastrointestinal damage and physiological strain during heat related stresses.

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### **Products & Trends**

Let's stick with our Curcumin for product trends this week. What is Curcumin? It is the product of the turmeric plant which grows in India and Indonesia. It is related to the ginger family (it is a common ingredient in curries). Curcumin is a key chemical coming from the turmeric plant. In order to realize the benefits of this product look to supplement between 200 mg and 1200 mg 1-2 x per day based on condition.

Curcumin supplements typically contain curcumin (diferuloylmethane) as well as other chemicals naturally found in turmeric, including demethoxycurcumin and bisdemethoxycurcumin. Scientists believe that each of these compounds, collectively called curcuminoids, has anti-inflammatory effects.

Pepper, or one of pepper's primary chemical components, piperine, is included in some curcumin supplements. Many experts believe pepper aids the absorption of curcumin. Well how about that! The following products were rated very high by Consumer Lab. Thus, my recommendations.



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## Recipes

### Ingredients

- 1-pound bacon, cooked
- 3/4 cup mayonnaise (made with olive oil ONLY!)
- 1 cup sour cream
- 8 ounces cream cheese, softened
- 1 1/2 cups cheddar cheese
- 1 tomato, seeded and chopped
- 1/4 cup chopped green onions

Additional green onions, cooked bacon, tomato, and lettuce for garnish, if desired

### Directions

Preheat oven to 350°F degrees.

Mix mayonnaise, sour cream, and cream cheese in a bowl until thoroughly combined. Crumble bacon into mixture and stir. Add cheddar cheese, green onions, and tomato and mix well. Pour into a shallow dish or pie pan and bake for 20 minutes or until bubbling. Garnish with additional green onions, tomato, and crumbled bacon. Serve with...pork rinds or celery for dipping!



This is one of my go to tailgating recipes!

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