

The 30 Pound Club

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December 15, 2011 – On the Road

Eating While You Drive

Paula, Dad, and I are on the road today! We're off to spend time with Matthew, Kerri, and her family to celebrate Christmas in Tennessee. (After a wonderful celebration of her 87th birthday on Monday, Mom is content to spend the next few days with her girlfriends at the continuing care center, enjoying all the holiday activities and her birthday gifts.)

Today I'm going to briefly give you my ideas on the best way to eat when driving for long periods of time; it's what I've learned from years of experience. I'm also going to post updates in the 30 Pound Club Facebook page from my iPhone—only when we stop, only when we stop!

Here's my approach: I don't eat any refined carbohydrates at all when driving. I also don't eat anything with high fat. I've found that those foods can put me to sleep when I drive. It's just so-o-o easy to get a burger or something like that when you make a pit stop, but I just don't do it any more. I also don't eat before we leave. I don't really need to—I'm not a breakfast person like Paula is—and it can make me sleepy as well. Driving 10 hours or more, I want to be as sharp as I can be.

What will I eat and drink? Paula is packing plenty of finger fruit: cherries, strawberries, blackberries, and blueberries, along with cut up apples and oranges. I love my coffee, but we also take XS Energy Drinks.

When you think about it, long-distance driving is very much like long-distance walking, cycling, or riding. It's long and slow without exerting too much energy, but if you lose focus, you're done. That's my philosophy and I'm sticking to it.

Talk to you on the road!

One and Done.

What are you prepared to do today?

Dr. Chet

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