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Dining Across Time Zones

Nutrition continuity for frequent travel and international hospitality

MERCY UDOM

INTEGRATIVE NUTRITION HEALTH COACH

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A conservative approach to long-haul travel that prioritises preparation, hydration, food safety and continuity over unsupported promises.

Educational content only. This paper is not medical advice and does not replace individual assessment by a doctor or registered dietitian.

Travel changes the food environment

Long-distance travel disrupts routine, sleep, meal timing, access to familiar foods and exposure to light. Research distinguishes travel fatigue from jet lag, while evidence for specific nutrition-based jet-lag interventions remains limited. Responsible coaching should therefore avoid promising that a particular food or supplement will reset the body clock.

Design the journey in phases

A useful travel brief separates departure, transit, arrival and re-entry. Departure may prioritise a familiar balanced meal and fluids; transit may require tolerable food choices and sensible alcohol limits; arrival should fit local time and the client's medical advice. Re-entry matters too: pre-ordered groceries and a simple first meal can stop one disrupted journey becoming a disrupted week.

Hospitality without anxiety

High-level travel often includes formal meals, unfamiliar cuisines and social expectations. Coaching should provide flexible decision rules rather than forbidden-food lists. Cultural respect is central, and hosts, chefs and assistants can usually accommodate preferences when requests are clear and early. Medical allergy protocols must be based on clinical advice and communicated with appropriate seriousness.

Hydration without theatre

Water needs vary with body size, activity, pregnancy, climate, food and health. Population reference values are not personalised prescriptions. The practical service is logistical: suitable drinks are available, client preferences are known and travel teams are briefed. Claims that expensive powders, waters or intravenous products are routinely necessary should be treated cautiously.

Know when to refer

Clients with diabetes, kidney or cardiovascular disease, pregnancy, significant gastrointestinal symptoms, allergies or medication-related dietary issues require travel-specific clinical advice. Supplement and melatonin decisions also sit outside general coaching when they involve dose, contraindications or treatment. A conservative plan that acknowledges uncertainty is a mark of strength.

Selected references

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