8 Healthy Travel tips

1. Drink water

Drinking plenty of water will stop the dehydration from the plane. Also, eat plenty of fruit which contains water and prevents dehydration.

2. Pack a snack

Apple, oranges and bananas are the original fast food! Carry some in your hand luggage for a healthy snack option.

3. Stay active

Get up and stretch or walk around to keep the circulation moving on a long flight. Also, try a lap of the terminal before you board the plane.

4. Avoid salt and sugar

Avoid the salted nuts as a snack, and any processed foods which are likely to dehydrate you. Stay away from excess sugar, caffeine and alcohol to minimise any travel-related health problems.

5. Order smart

When ordering food at the airport, choose plant-based, high fibre meals.

6. Rest well

Get a good night's sleep before you travel to boost the immune system and keep you in optimal health for long journeys.

7. Hydrate your skin

Flying can dry your skin due to a lack of moisture on the plane, so applying a great moisturiser or hydrating oil will help combat the effects of dry air.

8. Eat breakfast

Start your journey with the right fuel. Choose whole grains and foods high in fibre to fill you up and give you energy.