

FLORA NUTRITION

Your Reflux-Friendly Travel Handout



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DON'T STRESS-WE GOT THIS!

Key Strategies For Traveling With Reflux

- **Pack your digestive support kit**
 - Organize supplements in small containers (baby formula containers or silicone baggies) and keep in your personal item bag for easy access
 - Teas: *Throat Coat, Chamomile, Ginger*
 - Pack alginate supplements like *Reflux Raft* in mini travel bottles for on-the-go use
 - Alkaline drops are travel-friendly and easy to use
- **Download FLORA meditations for offline use** (ex. gut-directed meditations)
 - You can download these by hitting the cloud icon on the app
 - Choose 1 habit to stick to that helps you stay balanced (movement, meditation, breathwork)
- **Before dining out**
 - Consider taking slippery elm before hand and an alginate like *Reflux Raft* after meals



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Key Strategies For Traveling With Reflux

- **packing snacks w/ you to avoid fasting > 4 h** (dried edamame, homemade trail mix (pumpkin seeds, dried unsweetened blueberries, cereal, dried edamame) more on next page!
- **focus on mealtime hygiene, 80% fullness**
- **look for protein-based entree + veggies (ask for a side of veggies)** *more options later in handout!*
- **carry water bottle w/ you to stay hydrated!**
- **try to eat dinner earlier when possible**, but if you can't and dinner is later than ideal - have a high-protein snack before dinner and keep dinner light
- **stock hotel fridge with snacks that work well for you** or easy breakfast options like oatmeal cups

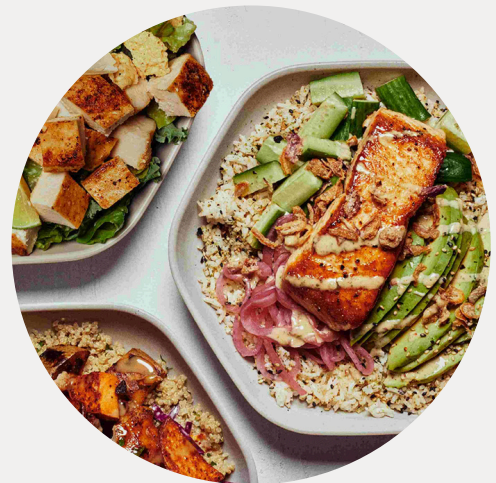
Be sure to **Watch the FLORA "Travel Tips" Video**



DON'T STRESS-WE GOT THIS!

Key Strategies For Traveling With Reflux

- **Reflux-friendly snacks on-the-go**
 - 88 Acres Bars (([Banana Bread](#), [Cinnamon](#)))
 - GoMacro Bars (w/o choc)
 - RX Bars (w/o choc)
 - Dried edamame
 - Homemade trail mix
 - Dried fruit
 - Pumpkin seeds
- Enjoy a **protein-rich snack before meals** if possible (esp if dinner is later)
 - This helps you to eat in a portion that works for you
- **Restaurants to choose**
 - Sweetgreen
 - Chipotle
 - Panera bread
 - These restaurants are helpful as you can customize what you want in your meal, check out more meal ideas in our [**reflux-friendly take out guide \(below\)!**](#)



DON'T STRESS-WE GOT THIS!

Key Strategies For Dining Out With Reflux

- **Don't show up to the meal starving**
 - Have a protein-rich snack beforehand so you can eat in a comfortable portion size
- **Ask for sauces/dressings on the side if you'd like**
 - Don't be afraid to ask for something nonspicy or modified
 - You can call the restaurant ahead if you have questions about dishes/modifications
- **Don't skip meals beforehand**
 - Stay on a consistent meal schedule before the event if possible
- **Look for a protein-based entree**
 - Grab an extra side of veggies to diversify your plate
- **Know that the amount is everything!**
 - Share with friends to mix up your plate and adjust portion size of triggers to tolerance
- **Chew well, eat slowly, savor every bite, listen to your fullness cues**
 - Stop when full and take the rest home - great leftovers!
- **5-10 deep breaths before and after meals**
 - Prioritize a calm mindset (5+1 Method or 2-min Pre-Meal Meditation on the FLORA App)
 - Diaphragmatic breathing helps tone the lower esophageal sphincter & prevent reflux



IDEAS FOR REFLUX/GUT-FRIENDLY OPTIONS

Common Cuisines When Dining Out

ITALIAN

- Roasted chicken w/ veggie side + warm bread
- Pasta with pesto (ask for light sauce) + side of veggies
- Pasta Primavera (w/ veggies)
- Polenta w/ fish or chicken
- Salmon w/ rice/risotto and veggies
- Mussels
- Thin-crust white or pesto pizza

MEXICAN

- Grilled chicken or shrimp fajitas, ask for toppings on the side, nonspicy or plain rice, lettuce, 1/3 cup beans (watch portion sizes)
- Build a burrito or burrito bowl w/ white rice, sauteed veggies, protein, guac (ask for nonspicy protein options)
- Grilled chicken or shrimp salad + side of rice



IDEAS FOR REFLUX/GUT-FRIENDLY OPTIONS

Common Cuisines When Dining Out

CHINESE/JAPANESE

- Stir-fried chicken/shrimp/tofu with vegetables
 - can ask for sauce on the side or “light” sauce
- Steamed rice & veggies
- Miso Soup, Clear broth soups
- Sashimi (shrimp, tuna, etc)
- Steamed veggie or shrimp dumplings
 - watch out for spicy pork dumplings
- Veggie or Fish Sushi Rolls
 - If symptomatic, skip spicy or fried roll
- Chicken lettuce wraps



IDEAS FOR REFLUX/GUT-FRIENDLY OPTIONS

Common Cuisines When Dining Out

SEAFOOD

- Broiled, baked, or boiled seafood
 - ask for lemony sauces on side
- Plain baked potato or rice as a side
- Veggies (steamed, roasted, grilled)
- Shrimp cocktail, oysters, tartar, hamachi
 - Vinegar on side if applicable

STEAK HOUSE

- Shrimp, oysters, tartar
- Go sirloin or filet mignon
- Watch portion size for steak: 4-6oz is appropriate :)
- Broiled chicken or fish w/ veggies
- Sides: Baked potato and roasted or steamed veggies



REFLUX-FRIENDLY OPTIONS

Starbucks

DRINKS

- Steamed oat/almond/skim milk with peach passion tea
- Decaf latte (1 shot) with steamed milk or almond milk
- Matcha latte (ask for 1/3 matcha powder) with steamed milk or almond milk
- Iced hibiscus tea

FOOD

- Egg white & roasted red pepper egg bites
- Kale & mushroom egg bites
- Rolled & steel cut oatmeal
- Yogurt parfait
- Eggs & cheddar protein box*
- Snacks: popcorn, Siete grain free chips

*Contains dairy



REFLUX-FRIENDLY OPTIONS

Chick-Fil-A

FOOD

- Grilled chicken nuggets
- Grilled chicken sandwich
 - Remove tomato
- Grilled chicken Cool Wrap
 - Can remove cheese
 - Swap for fat-free honey mustard dressing
- Kale crunch side salad
- Greek yogurt parfait
- Chicken noodle soup
- Cobb salad with grilled nuggets
 - Remove tomatoes, cheese (if dairy-free) and bacon
 - Add fat-free honey mustard

DRINKS

- Iced tea (if able to tolerate caffeine)



REFLUX-FRIENDLY OPTIONS

McDonalds

FOOD

- Single Hamburger
 - Remove ketchup, pickles, onions (if sensitive to FODMAPs), add lettuce
- Hamburger happy meal
 - No tomatoes/ketchup/pickles
 - Comes with small fry, apples, & low-fat milk
- Sides
 - Small fry
 - Apple slices
- Fruit & maple oatmeal
- Egg McMuffin
 - Remove cheese
- Hotcakes with side egg patty

DRINKS

- Iced tea (if able to tolerate caffeine)
- Apple juice



REFLUX-FRIENDLY OPTIONS

Panera Bread

FOOD

- Mediterranean Chicken Greens with Grains
 - Remove onions, spicy peppers & hummus
- Fuji Apple Chicken Salad
 - Remove onions & tomatoes
- Turkey & Cheddar Sandwich
 - Remove tomato, garlic aioli & cheese (if dairy-free)
- Greek yogurt with mixed berries parfait
- Steel cut oatmeal with strawberries & pecans

***Many dressings at Panera Bread contain reflux-triggering ingredients, considering bringing your own dressing or asking for simple oil & salt/pepper for salad**

DRINKS

- Decaf coffee w/ milk of choice
- Strawberry banana smoothie
- Iced tea (if able to tolerate caffeine)



REFLUX-FRIENDLY OPTIONS

Chipotle

FOOD

- Build a burrito, bowl, salad or tacos with the ingredients below!
 - Proteins: Chicken or plant based
 - White or brown rice
 - Romaine lettuce
 - Corn salsa (if not sensitive to small amounts of onion!)
- Kid's Build Your Own
 - Comes with fruit & low-fat milk
- Small amounts of tortilla chips, these are fried in store & can be higher in fat which can also trigger reflux!

***Chipotle's honey vinaigrette for salads contains many potentially triggering ingredients, consider bringing your own salad dressing**

DRINKS

- Iced tea (if able to tolerate caffeine)



REFLUX-FRIENDLY OPTIONS

Sweetgreen

FOOD

- Create your own salad/bowl/plate option w/ chicken, salmon, or tofu
- Miso glazed salmon protein plate
 - Sub olive oil for dressing
 - Remove onions
- Harvest Bowl
 - Sub oil or hummus for dressing
- Crispy Rice Bowl
 - Remove lime & sub olive oil for dressing
- Sides
 - Sweet potatoes
 - Rosemary focaccia

DRINKS

- Hibiscus tea
- Green tea (if able to tolerate caffeine)

