

A Healthy Attendee is a Happy One

Guest Advice

Steve Kemble

I always encourage attendees to eat healthy — it's a lot better for you. Here's advice you can give them for their next conference or event you can take next time you attend one!

- Ask the conference planner in advance what the menu for the functions will be. Be sure to ask what the vegetarian options are for commercial airline flights, the vegetarian option is many times the meal being offered to all attendees!).
- Travel with (or buy on-site at a local grocer close to the hotel or your hotel) a few snacks that are healthy, such as whole grain granola bars (five grams of fat or less), pretzels and bottled water!
- Consider ordering a healthy meal from room service in the hotel if you feel that there will not be a healthy alternative at the event; this will leave more time for networking!
- At the food functions, look for foods that are low in fat and made with whole grains.
- Eat fresh fruits, vegetables and salads — and drink lots of water!
- Avoid foods with added salt or sugar.

Look for these healthy items at your various food functions:

Breakfast

- Small muffins
- Granola bars
- English muffins
- Fresh fruit
- Low-fat or nonfat yogurt

Lunch

- Salad with low-fat or fat-free dressing
- Pasta salad with low-fat dressing
- Pita bread or wrap sandwiches made with lean meats and low-fat condiments

Dinner

- Soups (vegetarian broth/no cream)
- Steamed vegetables (try to always include at least one vegetable)
- Baked potato with low-fat toppings
- Poultry (the leanest poultry choice is the white meat from the breast of the chicken or turkey)

Snacks

- Whole or fresh fruit
- Raw vegetables with non-fat dips
- Baked chips or pretzels (seven grams of fat or less)
- Roasted nuts

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