



Your travel4seniors.com editor enjoys gelato in Torgau, Germany. Fortunately, this did not result in belly ache or other frequent tourist ailment. However, many senior travelers who eat local foods too often get sick because of mystery ingredients and/or lack of cleanliness.

Overeating is another cause of stomach problems, also consuming food that has been sitting in the sun too long. If you want to sample street food, watch the vendor cook your portion as you observe. And be careful of unfamiliar ingredients, such as unfamiliar seafood, dog, cat and those that affect your allergies, such as milk intolerance and spices.