

Whether at an all-inclusive resort in the Bahamas, aboard a luxury cruise ship or gambling the kids' inheritance away in Vegas, travelers always overeat. We don't mean just a little. We mean really gorge themselves to the point of making their bodies yell for help.

The solution is simple. When in an all-you-can-eat situation, eat only the same foods and amounts you eat at home. If you must test all the delicious dishes in front of you, take a very small portion of each.



Restrict yourself to the normal servings your stomach is used to. It won't be easy, because the traveler's attitude at a buffet usually is, "Hey, I'm paying for it, so I'm going to stuff as much into my mouth as I can!" Just resist the temptation and use moderation.

Did you know actual statistics show that overeating causes more cruise passengers to have upset stomachs than seasickness? And at those tropical island buffets, overeating exotic foods, such as native fruits, meats, salads and sauces, are usually the cause of the tourist trots. Most of all, eating unfamiliar foods, especially uncooked ones, from street vendors is taking about a 50-50 gamble on spending the night in the hotel or ship's bathroom.

When traveling on land or sea, just use plain common sense in eating. The general rule should be: if it isn't what you usually eat at home and in the same amounts, stay away from it.