

《乘飞机前不要吃这些东西！不然的话……》

疫情的来袭让很多人不敢在飞机上吃东西，改为在乘机前进食。专家指出，乘机前不能乱吃东西，否则后果很严重。来看看哪些食物上了“黑名单”。



[Photo/Pexels]

Eating on a plane used to be common practice. But in the age of COVID-19, many passengers are understandably less inclined to remove their masks to take a mid-flight bite — or to even have a snack at the airport.

过去在飞机上吃东西很正常。但是在新冠疫情期间，许多乘客都不愿在飞行途中摘下口罩进食，甚至不愿在机场吃零食，这也是可以理解的。

As a result, it ' s more common to eat at home before embarking on a flight. Those with longer travel journeys may even eat a large meal to carry them through the day. Still, not all preflight eats are created equal.

因此现在人们一般在家吃完东西再去乘机。长途旅客甚至会大吃一顿，这样一整天都

不会饿。不过，不要以为乘机前吃什么都一样。

Tracy Lockwood Beckerman, a registered dietitian based in New York City, said it ' s worth considering your overall health as you prep for travel, including what you eat and drink.

纽约市注册营养师特蕾西·洛克伍德·贝克曼说，在为乘机旅行做准备，包括摄入饮食的时候，应该考虑自己的整体健康状况。

"Immune systems are tested, digestive systems are thrown off and hydration takes a hit, " Beckerman said. " That ' s why it ' s so important to eat foods that will keep your immune system strong, keep you hydrated and are easily digested before flying. "

贝克曼说：“免疫系统会受到考验，消化功能会减退，还会出现水分流失。这就是为什么飞行前摄入一些能够增强免疫系统、补充水分并且好消化的食物很重要。”

So, which foods are best avoided on a day when you ' re traveling by plane?

那么在乘机旅行前最好避免摄入什么食物呢？

高钠食物

"It ' s super common for dehydration to set in when flying, thanks to the lack of humidity and dry air in the cabin, " Beckerman said. " That ' s why it ' s not the smartest to have a sodium-laden meal the day before or morning of your flight. "

贝克曼说：“由于机舱内湿度不够、空气干燥，在坐飞机时感到缺水很常见。因此在坐飞机前一天或当天早上吃高钠食物并不是明智之举。”

Beckerman advised going easy on the salt shaker, opting for snacks without added salt and consuming more fresh foods to avoid dehydration-related headaches, constipation and fatigue.

贝克曼建议减少盐的摄入，选择一些不添加盐的零食，多吃新鲜食物，以避免缺水引发的头痛、便秘和疲劳。

碳酸饮料

"Because flying may cause some folks to feel bloated or extra gassy, thanks to the changes in cabin pressure, it ' s wise to avoid anything with carbonation beforehand, like seltzers, sodas or kombucha, " Beckerman said.

贝克曼说：“因为机舱内气压的变化，飞行途中有些人可能会出现水肿或胀气，因此

在飞行前不要喝气泡矿泉水、苏打水或甜汽水等碳酸饮料。 ”

She noted that these bubbly beverages can worsen digestive air pockets, causing you to feel “ extra belchy, bloated or gassy ” during your flight.

她指出，这些气泡饮料会加重胃胀气，让你在飞行途中“ 特别想打嗝、放屁或感觉肚子很胀 ”。

酒

"Alcohol consumption tends to cause dehydration and has a different effect on the body than if you were to have a drink at ground level due to the low barometric pressure in the cabin and the low oxygen concentration in blood," Jonathan Valdez, media spokesperson for the New York State Academy of Nutrition and Dietetics, said.

“ Therefore you are more likely to get inebriated faster and urinate frequently. ”

纽约州营养和饮食学会的媒体发言人乔纳森·瓦尔迪兹说：“ 饮酒往往会导致脱水，而且与在地面上饮酒相比，由于机舱内气压低，血液中氧气浓度降低，在飞机上饮酒对身体会产生不同的影响。你会更容易喝醉，而且会频繁地上厕所。 ”



[Photo/Pexels]

容易胀气的食物

"Certain foods such as onions, asparagus, beans, cabbage, cauliflower and Brussels sprouts can contribute to intestinal gas and bloating because we do not have the necessary enzymes to digest certain carbohydrates known as FODMAPs found in these foods," Valdez said.

瓦尔迪兹指出：“洋葱、芦笋、豆子、卷心菜、花椰菜和球芽甘蓝等特定食物会引发肠胃胀气，因为我们体内没有消化这些食物中的FODMAP碳水化合物所需的酶。”

"This, along with a gas expansion that happens inside your stomach and intestines during flight elevation, can lead to uncomfortable gas and flatulence," he added.

他说道：“高空飞行本来就会导致肠胃内的气体膨胀，而这些食物则会加剧不适的胀气症状。”

咖啡

"A cup of joe can leave you dehydrated in an already dry environment," Valdez said, adding that coffee also has a mild diuretic effect, which can lead to more frequent trips to the bathroom.

瓦尔迪兹说：“一杯咖啡会让你在本就干燥的环境中更加缺水。”他补充道，咖啡还有轻微的利尿效果，导致你更频繁地上厕所。

Beyond the dehydrating effects, caffeine can also keep you awake during a flight, which is often an opportunity to catch up on sleep. The need for more frequent bathroom visits can also interfere with your ability to doze during your travels.

除了脱水效果外，咖啡中所含的咖啡因还会让你在飞行途中保持清醒，让你失去补眠的机会。频繁上厕所也会妨碍你在旅途中打盹。

超加工食品

If you have a sensitive stomach, you might want to steer clear of foods that can mess with your digestion. That includes highly processed snacks like candy and fast food, which often contain ingredients that could unsettle your digestive system.

如果你肠胃敏感，你应该避免吃那些影响消化功能的东西，包括糖果、快餐等超加工零食，这种食品通常含有扰乱消化系统的配料。

在乘飞机前吃什么最好？

As Valdez said: “ A balanced meal that satisfies your thirst with water and hydrating fruits contains moderate amounts of complex carbohydrates and lean protein, and low in added sugars and sodium is ideal. ”

正如瓦尔迪兹所说：“乘机前的理想一餐是包含解渴的水和补充水分的水果、适量的复合碳水化合物和精益蛋白质在内的平衡膳食，最好是低糖少盐。”

英文来源：赫芬顿邮报

翻译&编辑：丹妮

