

Content Brief

SEO Best Practice Checklist

Please adhere to the SEO recommendations listed below:

Title:

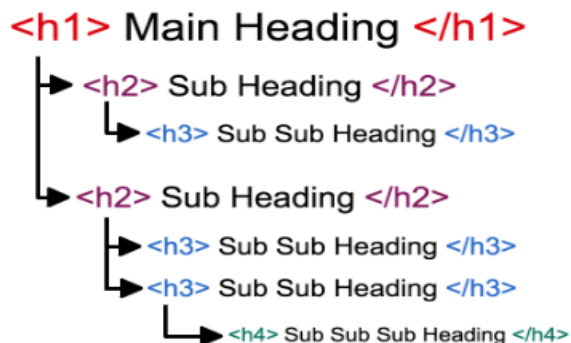
- The Title should always include the main keyword/s.
- The Title should be a maximum of 60 characters long.
- Brand name can be included at the end if maximum characters allow.

Meta Description:

- The meta description should include the main keyword (exact match) once and a call-to-action to increase click-throughs from the SERP (Search Engine Results Page)
- The Meta description should be a maximum of 155 characters long.

Headings / Subheading:

- Main Keyword should be included in the Article Headline (H1)
- Each page only has one Header (H1)
- If possible the main keyword should be used once in a subheading.
- Use a minimum of 3 subheadings (H2 - H3 etc).
- The subheadings provided are suggestions.
- Use the Sub Keywords provided in the Subheadings if possible.
- The Hierarchy of the Subheadings should make sense.



Body Content:

- The main keyword (exact match) should be used 2-4 times in the body of the article without it sounding forced.

- The word count of the article should be 750+ words.
- The copy has to be original.
- The layout and flow of the article needs to make sense (Don't use AI writers)

Linking Policy:

- Add a minimum of 2 internal links to relevant blog posts of the same website(max 4) from the main website: getawaywell.com*
- Add a minimum of 2 internal links to Product , category or home page pages (max 3)*
- Add a minimum of 2 external links to pages of Authority. (Max 3)

* (Not necessary initially.)

Good Article Writing Notes:

- Grab the reader's attention in the first paragraph.
- Lists or definitions at the beginning of the post makes Google Snippets more likely.
- Educate on the topic at hand while entertaining - Add value with your article.
- Create an Article that is easy to read, and skim-able (bullet points for example).
- Make sure Grammar and Spelling is correct.
- Original Content Only! - No plagiarism or spinning.
- Use SEO Mofo Snipping tool to spot-check meta title and descriptions character count: <https://seomofo.com/snippet-optimizer.html>
- Make sure the title or description does not truncate because of character amount.

Examples:

Meta Title Example - max 60 characters

en.wikipedia.org › wiki › Search_engine_optimization ▾

Search engine optimization - Wikipedia

Search engine optimization (SEO) is the process of growing the quality and quantity of website traffic by increasing the visibility of a website or a web page to ...

[History](#) · [Methods](#) · [As marketing strategy](#) · [International markets](#)

Meta Description Example - max 155 characters

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Search engine optimization (SEO) is the process of growing the quality and quantity of website traffic by increasing the visibility of a website or a web page to ...

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Article Information:

Suggested Page Title:

Tips on Eating healthy while traveling abroad

Main SEO Keyword(s)

Main Keyword (to appear 2-4 times in the content)	Searches/Month
eating healthy while traveling abroad	10

Sub keywords

Use the keywords below as SubHeadings (H2's) where possible:

Sub Keyword	Searches/Month
(Why is) Eating healthy while traveling abroad (important)	10
(Is) Eating healthy while traveling abroad (even possible)	10
(Tips on) eating healthy while traveling abroad - Research your destination - Plan your meals ahead - Eat fresh and local food - Know the ingredients - Avoid too much alcohol - Avoid too much sugar - Prepare your own food if possible - Keep to your Exercise routine - Drink lots of water - Eat breakfast - Pack food for the day - Avoid over eating	10
(Key takeaways for) Eating healthy while traveling abroad	10

Top ranking SEO articles for the main keyword:

1. <https://www.passporthealthusa.com/passports-and-visas/blog/2018-3-how-can-i-eat-healthy-while-traveling-abroad/>
2. <https://www.autoeurope.com/travel-blog/eating-healthy-while-traveling/>
3. <https://www.theblondeabroad.com/how-to-keep-a-balanced-diet-while-you-travel/>
4. <https://www.theroadtripexpert.com/eat-healthy-while-traveling/>
5. <https://eatwalkplay.com/walk/the-secret-to-eating-healthy-while-traveling-abroad/>
6. <https://www.ricksteves.com/travel-tips/health/staying-healthy>
7. <https://www.internationalinsurance.com/news/eating-healthy-traveling.php>

Affiliate links:

- Thinkfit travel meal prep kit <https://amzn.to/3DPzksM>

Meta Title: Tips on Eating Healthy While Traveling Abroad | Getaway Well

Meta Description: Eating healthy while traveling abroad it's not impossible, it's about making good choices. Click here to learn a few tips to get away well.

Article:

Tips on Eating Healthy While Traveling Abroad

When you find yourself traveling abroad, eating healthy is a real challenge. Driven by temptation, we usually indulge in meals and snacks without knowing their ingredients. We constantly fall into the most tantalizing trap: overloading our bodies with delicious food that sadly drains our precious energy.

Eating healthy while traveling abroad is not impossible. It's a matter of planning and preparation. Get ready to make your experience abroad even more enjoyable with the following tips.

Why is Eating Healthy while Traveling Abroad Important?

You are what you eat — as the saying goes and the effort you put in today will pay off tomorrow in so many ways. Maintaining a balanced and nutritious diet not only keeps your energy levels high it also prevents fatigue and helps you stay fit to make the most of your trip.

Eating healthy while traveling abroad will make you feel more energetic, peaceful, and balanced. By implementing a couple of simple changes into your diet, it's possible to fine-tune your lifestyle to set you in the right mood to continue soaking up the culture and completing your bucket list.

Is Eating Healthy while Traveling Abroad Even Possible?

You may be wondering if it's even possible to maintain a healthy lifestyle when you're far away from home? The answer is yes, it's all about being prudent and making the right choices.

You might want to consider staying in hostels or other accommodations with access to a kitchen that will allow you to prepare meals.

Don't sabotage yourself with thoughts like "It's hard to find the time to prepare meals." Remember, it's about feeling great, having more energy, and improving your health. Drive yourself in the right direction with a few tips on how to eat healthy when traveling abroad.

Tips on Eating Healthy While Traveling Abroad

Research your Destination

The best way to enjoy your trip is to avoid the stress and anxiety generated by being in an unknown place. Researching everything you can before traveling to your destination is a great way to limit stress. Look for routes and maps of the site, what areas you should visit, where you can eat healthily, and where the farmer's markets are. This way, when you arrive, you will already have a travel plan and you'll feel more at home.

Plan your Meals Ahead

Success loves preparation. If you want to succeed in your trip and enjoy it to the fullest while maintaining a healthy lifestyle, you should plan your meals.

Making a list of foods you want to eat, and the ingredients you need to prepare them is always a good choice. You can use a [nutrition diary](#) to write them down. Then, hit the nearest market and take them with you. Alternatively, you can make a list of food you should avoid. This way, you're less prone to break your healthy diet.

Eat Fresh and Local Food

Going to the local markets and bazaars is the best way to know another country's cuisine, culture, and get to know the locals. Usually, in these markets, the fruits and vegetables are delivered in the morning by farmers.

There, you'll most likely find the freshest, pesticide-free products you could find locally. It is also a unique opportunity to meet the locals and support their economy. Ask them all about their gastronomic culture and the best place in town to try the region's typical dishes. When you eat out, you would want to choose a restaurant that has good references and avoid the places you see as unhealthy.

Know the Ingredients

Knowing the ingredients of the different dishes on the menu allows you to choose the healthiest options. If you are unsure of the ingredients being used you could always ask the restaurant staff. If you go shopping at a farmer's market, take the opportunity to get to know those selling the local fruits and vegetables.

Avoid too Much Alcohol

It's always fun to try local beers and alcohol. However, overindulging may cause [severe dehydration](#). To avoid this, try to drink plenty of water between drinks so you can balance the water you'll lose while indulging.

Avoid too Much Sugar

Consuming too much sugar puts your metabolism to work at its maximum, which means spending the day with low energy levels. On the other hand, excessive sugar produces irritability, affecting your trip.

Prepare your Food if Possible

Nothing beats homemade food. So, we recommend that you try to choose your accommodations with this in mind. Hostels usually have access to kitchens where you can prepare your food by buying ingredients from local markets. The ideal approach would be to separate food portions in reusable containers so you can save time and space in a shared fridge.

Keep to your Exercise Routine

Exercising while traveling? Yes! Trust us and thank us later. A 30-minute routine will release endorphins into your system, giving yourself a sense of well-being and the energy boost to enjoy your trip at your best. Keep exercising daily and prepare your body to tackle the scenic route without getting tired at all.

Drink Lots of Water

Staying hydrated when traveling abroad should be your number one priority. Not only is it the key to beating jet lag, but it also prevents fatigue and dehydration symptoms. Drink water all the time, especially if you're visiting a sunny or tropical place.

It's important to make sure you are consuming potable water. Not all destinations have drinkable tap water. If you're ever in any doubt, opt for bottled water.

Eat Breakfast

All nutritionists agree that [breakfast is the most important meal of the day](#). A balanced, nutritious breakfast will provide you with all the nutrients your body needs for optimal functioning and energy levels throughout the day.

Pack Food for the Day

Keep healthy snacks with you at all times. This means fruits, vegetables, nuts, or any other food that you can carry with you in your luggage to eat quickly. Using a [ThinkFit Insulated Meal Prep kit](#) allows you to carry snacks and meals in six BPA-Free, microwavable, freezer-safe containers. In addition, it comes with a shaker cup and a pill organizer, all set up inside of a practical lunch box with a shoulder strap and storage pocket. It's perfect for those who are always on the go.

Avoid Overeating

Overeating will only make you feel a sense of heaviness all day. When you get used to eating too much food, it can lead to weight gain, increasing the risk of developing a chronic condition, like diabetes or heart disease. Eat small portions and drink enough water to avoid eating in excess.

Key Takeaways for Eating Healthy While Traveling Abroad

Making sure you're [eating healthy](#) while traveling abroad is possible by following these tips we've shared. Remember to always stay hydrated, don't skip meals, organize them ahead of time, choose accommodations with a kitchen and keep choosing the healthiest and freshest options.