Cruise Smarter: 10 Foods to Skip

by HELEN CAMPOS

Set Sail Safely

When you're on a cruise, it's tempting to try all the delicious foods. However, some foods can upset your stomach or cause problems while you're out at sea. Here are 10 foods to avoid during your cruise for a smoother trip.

10 Foods to Avoid on a Cruise

1. Greasy Fried Foods

Fried foods like French fries, fried chicken and doughnuts may taste good, but they can make you feel bloated and uncomfortable. Greasy foods are harder to digest, which can be a problem while cruising.

2. Raw Seafood

On cruises, raw seafood like sushi or oysters can carry a higher risk of food poisoning. It's safer to stick with cooked seafood to avoid getting sick on your vacation.

3. Heavy Creamy Sauces

Dishes covered in creamy sauces, like Alfredo pasta, can be heavy and hard to digest. These meals can also make you feel sluggish, which isn't ideal when you want to enjoy your cruise.

4. Spicy Foods

Spicy foods like hot wings or dishes with lots of chili peppers can upset your stomach, especially if you're not used to them. They can cause heartburn, which is not fun while traveling.

5. Buffet Leftovers

While buffets are popular on cruises, food that sits out for too long can become unsafe to eat. Make sure to choose freshly prepared items to avoid the risk of foodborne illness.

6. Deli Meats

Deli meats like ham or salami can carry bacteria like Listeria, which can be harmful. It's better to avoid cold cuts or make sure they're properly stored and handled on the ship.

7. Unwashed Fruits and Vegetables

If fruits and vegetables haven’t been washed properly, they can carry harmful germs. Always choose fresh, well-washed produce to avoid stomach issues on your cruise.

8. Unpasteurized Dairy

Dairy products like cheese or milk that are unpasteurized can contain harmful bacteria. Stick to pasteurized dairy products to keep your stomach happy.

9. Exotic Foods

Exotic foods, like unusual meats or unknown dishes, may not agree with your stomach. It’s best to try new foods with caution, especially when you’re not sure how your body will react.

10. Too Many Desserts

Cruises are known for their endless desserts, but eating too many sugary treats can cause a sugar crash, leaving you feeling tired. Moderation is key when it comes to sweets on a cruise.

Avoiding Cruise Troubles

By avoiding these foods, you can help ensure that your cruise is smooth sailing. Stick to safe, well-prepared meals so you can focus on enjoying your vacation!

Are you worried about traveling with depression? Check out our article on how to cope with depression while on a trip.