Nutrition on the Go

Fast Food Ideas

Mexican
• Better choices: Burritos, soft tacos, grilled veggies, rice and beans with fresh salsa

Typical Fast Food Joint
• Better choices: Grilled chicken sandwiches, lean hamburgers, veggie burgers with tomatoes and lettuce, grilled chicken salads with low-fat dressings, baked potatoes and side salads

Sandwich Establishments
• Better choices: Turkey sandwich with lots of vegetables, white cheese, low fat mayonnaise or condiments, soup or salad sides

Cafes or Bakeries
• Best choices: Low-fat soups, sandwiches, rolls, fruit, and salads

Options to Limit for Best Performance
• High fat items that could slow you down such as:
  - French fries, onion rings, fried fish, breaded or fried chicken
  - Greasy pizzas, calzones, or appetizers
  - High fat meats such as: Bacon, pastrami, salami, sausage, high fat ground beef and beef cuts

Remember portion sizes: avoid super-sized meals and helpings if you do not require that much energy.

Travel Pack Ideas
• Trail mix with dried fruits, nuts, and seeds
• Fresh fruits and/or sliced vegetables
• Bagel with nut butter, dry ready-to-eat cereals, sports bars
• Hydration beverages such as water, sports water, sports drink, 100% fruit juices
• String cheese, yogurt, hummus

Grocery List Ideas
• Pretzels or Crackers
• Fresh and dried fruits
• Nuts and nut butter
• Veggies and hummus
• Granola Bars
• Cut fruit and veggies
• Yogurt
• Pasta Salad
• Smoothies
• Soup
• Sport Foods
• Oatmeal
• Milk/ Soy milk

Sports Nutrition