Nutrition on the Go

Eating on the Road
• Many sports often require eating away from home. Whether you are traveling with your team, or going straight from school or work to practice, make sure your body has the fuel it needs.

Goals for Eating on the Road
• Carbohydrates- Carbs are needed for fuel during exercise and to replenish muscle energy stores. Include carbs in your meals and snacks, and especially in your pre-and post-workout meals.
  o Before: pretzels, granola bars, bagels, fruit packs, or crackers
  o After: Pastas, rice, potatoes, whole grain breads, sandwiches, etc.
• Protein- Protein is needed to speed recovery and repair muscles. Moderate amounts of lean protein should be incorporated to each meal and small amounts in pre-and post-exercise.
  o Examples: String cheese, nuts, yogurt, jerky, cheese slices, cottage cheese, eggs, lean meats
• Fat- Healthy fats at each meal for energy balance and muscle energy stores.
  o Almond and peanut butter, nuts, and avocados, and moderate amounts of oil based salad dressings

Tips to take with You
• Think ahead. Coordinate with coaches or teammates what types of food services will be available to you. Will you be able to grocery shop? Should you bring your own snacks if you don’t have time to stop? Will restaurants with healthier options be available to you?
• Plan ahead! Prepare a travel pack with snacks and beverages that support your performance eating plan.
• Stop at a grocery store if possible and know your needs.
• Choose eateries that allow substitutions, such as vegetables and fruit, when menu items (i.e. deep fried or saucy sides) do not meet your performance needs.
• Tailor your meals. Specify baked, broiled, grilled, roasted, on the side dressings, etc.
• Combine carbohydrates and protein
• Make nutrition a priority!