

EATING ON THE ROAD

- ▶ Plan and take your own personal supply of food and fluids. See travel friendly suggestions below.
- ▶ A team representative should plan ahead and investigate food options on travel routes (airlines, on the road, at your destination), and make arrangements for the team.
- ▶ Avoid boredom eating while traveling. Stay on schedule and eat according to your real needs.
- ▶ Fluid losses are less apparent but are significant in air conditioned vehicles and pressurized plane cabins. Have a drinking plan to stay well-hydrated.
- ▶ Teams often eat “buffet style” when traveling. Resist temptation to eat what is there or what everyone else is having. Make choices and take amounts that follow your individual food plan.
- ▶ Choose the best of the local cuisine that meets your nutrition needs, adding food from your own supply when needed.
- ▶ Be sure that your food is clean and well cooked and that the local water supply is safe to drink. If you are in a high-risk environment it is best to stick to bottled water and food that has been well cooked, avoiding salads or unpeeled fruit that has been in contact with local soil or water.
- ▶ Full dinners don’t often fit with the way a top athlete should eat. Don’t be afraid to order individual menu items separately (i.e. appetizers, side dishes).
- ▶ Watch out for hidden fats when eating out.

High-fat buzz words. Avoid these:

Fried / Pan fried	Crispy
Buttery / Butter sauce	Creamed / Creamy
Gravy	Au gratin
Cheese sauce	Scampi
Breaded	Alfredo sauce

Low fat buzz words. Order these:

Steamed, broiled, poached	Garden-fresh, Stuffed with veggies
In its own juices	Tomato sauce, marinara
Roasted	Marinated in juice or wine
Charbroiled or broiled	Stir-fried

TRAVEL FRIENDLY, HIGH ENERGY SNACKS

Many foods can be packed easily into a gym bag or suitcase. By bringing your own food you can eat familiar foods, stick to your eating routine, and fill in gaps when desirable foods aren't available.

Sports bars / Granola bars	Fresh fruit (apples, oranges, grapes bananas)
Pretzels	Fig bars, Animal crackers
Bagels / Bread / Rolls/ Tortilla chips	Graham crackers
Crackers	Peanut butter and jelly
Carrot sticks	Vacuum-pouch albacore tuna/salmon
Whole grain cereals (Kashi Go Lean for more protein)	"Meal-in-a Can" products: Muscle Milk, Instant Breakfast, Slim Fast
Nuts/seeds/Trail mix	Dried fruit (raisins, apricots, etc.)
100% fruit or vegetable juice	Refried bean dip
Dark chocolate - mini size	Reduced fat microwave popcorn

ADDITIONAL HIGH ENERGY SNACKS

If your hotel room has a refrigerator, pick up some high-energy snack foods

Yogurt	Skim milk
Fresh fruits and vegetables	Low-fat cottage cheese
Soups	Juice, applesauce
Low-fat lunch meats (turkey,ckn)	String cheese
Hard boiled eggs	

MINIMIZING JET LAG

- ▶ Set your watch to the local time when you arrive (not so important for west coast travel).
- ▶ Drink plenty of fluids during travel, dehydration is often the cause of headaches and constipation. Airline travel is dehydrating, so be sure to keep water or non-caffeinated beverages with you.
- ▶ Eat a small, protein-rich breakfast before the flight. Ex: yogurt and fruit; HB egg with bagel, light cream cheese; cereal with "meal-in-a-can" product (below) as milk (or use milk); oatmeal made with milk and fruit.
- ▶ Avoid caffeine and alcohol during the flight, they increase water loss.
- ▶ Exercise or stretch during and after the flight to help reduce the stress associated with travel, and to keep from tightening up.
- ▶ Eat meals at regular (local) times after arriving at a new location.
- ▶ Maintain regular sleeping times on arrival at your new destination on the local time. Resting on the flight is a good idea, but naps after arriving often just keep you from sleeping well at night when you need to sleep to be ready for competition the next day.
- ▶ Stick to your usual food schedule as best you can. Use carry-along snacks and food in your room to help.