

Eating on the Road

Athlete Scenario

During my competition season, rushing to training sessions and traveling to competitive events, I often eat away from home. I find that it is challenging to choose healthy foods that help me perform well while traveling. How can I meet my performance nutrition goals when eating on the road?

Nutrient Goals

- **Carbs:** Consume adequate carbohydrates for fuel and to replenish muscle energy stores
- **Proteins:** Eat moderate amounts of lean protein to speed recovery and repair muscles
- **Fats:** Focus on healthy fats to help meet energy needs and replace muscle energy stores
- **Fluids:** Maintain hydration and replace fluids lost from exercise and travel

Dining Out Fuel

Stick to familiar foods and practice with them before competitions.

- **Asian:** clear soup + steamed dumplings; grilled protein + veggies
- **Delis:** whole grain bread, lean protein & veggies + baked chips
- **Fast food:** english muffin sandwiches + coffee with low-fat milk; grilled chicken sandwich + fruit or chili
- **Italian:** thin crust pizza with veggies, pineapple, and lean meat
- **Mexican:** soft shell tacos or fajitas with grilled protein + beans, salsa, & avocado
- **Pancakes/waffles:** veggie omelets; small stack + fruit

Pre-pack Snack Ideas

Cooler favorites:

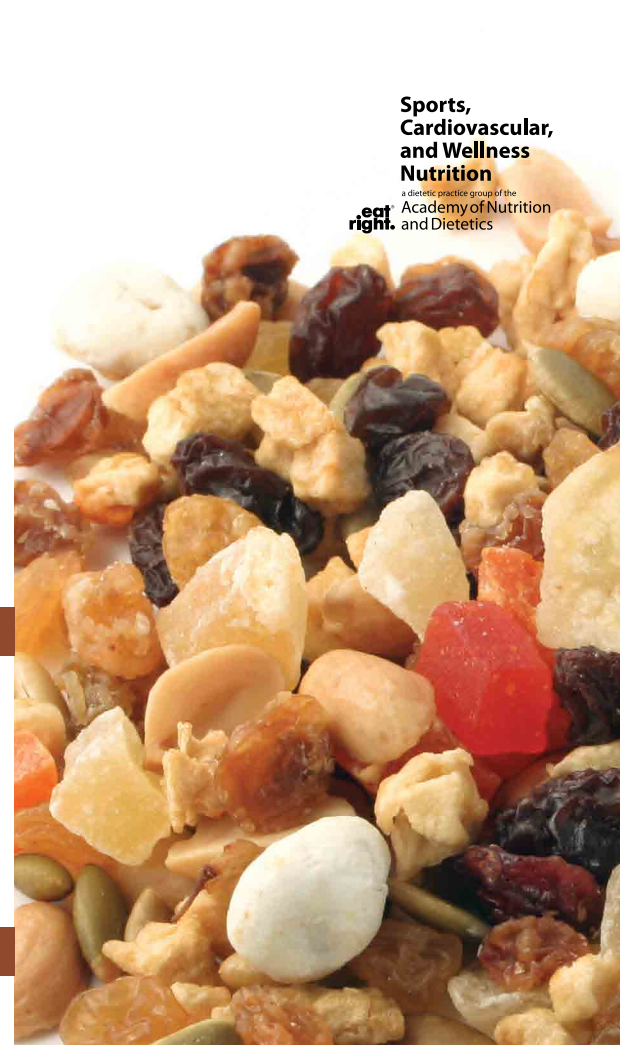
- Turkey or nut butter sandwiches
- Fresh fruit & veggies such as apples, oranges, or carrots
- Greek yogurt, cottage cheese, string cheese, or hard boiled eggs

Non-perishables:

- Trail mix with dried fruit, nuts & seeds
- Dry cereals/granola or sports bars
- Fruit or veggie squeezable pouches or fruit cups in 100% juice
- Whole grain pretzels or rice cakes with nut butter

Hotel-friendly & microwaveable:

- Soup-cups or ready-to-eat meal pouches such as lentils or pasta
- Oatmeal + nuts or raisins
- String cheese, yogurt



Tips to Take With You

1. Choose eateries that allow you to tailor your meals and look for healthier cooking methods such as grilled, broiled, roasted, blackened, stir-fried, or poached.
2. Include healthy substitutions such as broth soups, fruit, salads, veggies, or low-fat milk.
3. Plan ahead and pre-pack snacks. Be sure to always practice with potential travel foods before game day!

Contact SCAN

www.scandpg.org
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Written by SCAN registered dietitian nutritionists (RDN) to provide nutrition guidance. The key to optimal meal planning is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a SCAN Dietitian" at www.scandpg.org