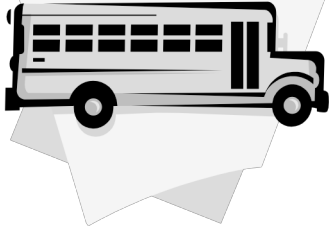


On the Road Again...How to Choose High-Performance Foods When Traveling



Eating on the road can pose a challenge for athletes striving to maintain a training diet that has adequate energy, carbohydrate, protein and fluids. Here are some guidelines for choosing high-performance foods and fluids while traveling.

Fluids

It's easy to become dehydrated while traveling. To prevent dehydration:

- Drink at regular intervals throughout the day.
- Carry sports drinks and water with you.
- Limit caffeinated and alcoholic beverages as they are diuretics and promote fluid loss.

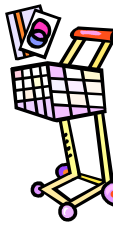
Pack It!

Take nutrient-dense foods along for the trip. Pack:

- Sports bars, granola bars
- Dried or regular fruit, nuts and trail mix
- Pretzels, gold fish crackers or baked chips
- Whole-grain crackers, bagels, breads, rolls, muffins
- Peanut butter and jelly
- Cans/packets of tuna or chicken
- Nutrition shakes
- Fruit cups and apple sauce cups

What about low-carbohydrate choices?

Significantly cutting carbohydrates hurts performance by reducing speed, strength and stamina. Thus, these foods are usually not the best choice for athletes.



Make a trip to the local grocery store! Yes, even while “on the road”

Meals can be made in a hotel room if there is a microwave and refrigerator available.

Some easy-to-prepare meals are:

Breakfast	Lunch	Dinner
<ul style="list-style-type: none">▪ Bowl of cereal, milk and a banana▪ Bagel with peanut butter, orange juice▪ Cottage cheese, canned peaches, orange juice	<ul style="list-style-type: none">▪ Turkey sandwich, apple, oatmeal raisin cookies, and milk▪ Peanut butter and jelly sandwich, baby carrots, granola bar, cranberry juice	<ul style="list-style-type: none">▪ Roast beef and cheese sandwich, chocolate chip cookie, juice▪ Cheese/chicken quesadilla with salsa, lemonade▪ Salad with romaine, tomatoes, carrots, tuna, cheese, apple and milk

Quick tips:

- Athletes should fuel their bodies two to three hours before practices, events and games with a high-carbohydrate meal or snack.
- Team leaders can organize pre-game meals for the whole team, including high-energy foods like breads, bagel, pasta or rice.
- Athletes should fill 2/3 of their plates with high-carbohydrate options for quick energy—and the rest with high-protein, low-fat items such as grilled chicken, turkey or lean roast beef.
- When eating at a restaurant, athletes should look carefully at the menu to see how food is prepared. Words such as fried, crispy, creamed and au gratin all suggest high-fat content. Better choices are steamed, broiled, stir fried and poached.

Go Charlotte! Information compiled by Melissa Wdowik, sports nutritionist, 2005. *Adapted from Suzanne Nelson Steen, D.Sc., R.D.; Director of Husky Sports Nutrition Services for the Department of Intercollegiate Athletics at the University of Washington in Seattle*