



EATING ON THE ROAD

WHY IS BEING PROPERLY FUELED ON THE ROAD SO IMPORTANT?

⇒ There are many factors working against an athlete when they hit the road. An athlete is faced with jet/bus lag, unfamiliar surroundings, schedule changes, and different environmental factors such as temperature, humidity, and altitude. It is vital for an athlete to be prepared nutritional before hitting the road in order to maximize their performance.

Packable Nutrient-Dense Foods

Sports Bars and Drinks
Granola Bars
Dried Fruit
Dried Cereal (<7g of sugar per serving)
Nuts
Seeds
Trail Mix
Pretzels
Graham Crackers
Fig Bars
Peanut Butter
Carrot Sticks
Cherry Tomatoes
Whole Grain Bread/Bagel
Canned Tuna/Chicken
Liquid Meals (Ensure/Boost)
Water

Nutrient-Dense Foods for the Hotel

Room (includes refrigerator and microwave)

1% or Skim Milk
Low-fat Cottage Cheese
Greek Yogurt
Fresh Fruit and Veggies
Low-fat Lunch Meats
Cereals (<7g of sugar per serving)
Oatmeal
Cheese
Soups (avoid cream based)
Whole Grain Tortillas
100% Fruit Juice
Low-fat Pudding
Applesauce

Sample Menu Utilizing Packable and Hotel Nutrient-Dense Foods

Breakfast	Lunch	Dinner	Snacks
1 Packet Oatmeal prepared with 1 c Skim Milk	4 oz Roasted Turkey Deli Meat	Chicken Noodle Soup	Dried Cereal
1 Medium Piece of Fruit	2 Slices of Whole Grain Bread	Whole Grain Bagel	Granola Bars
6 oz Greek Yogurt	Tomatoes	2 Tbsp. Peanut Butter	Cottage Cheese
Water	1 Slice of Cheese	1 Small Piece of Fruit	Fig Bars
	Carrot Sticks	1 c Skim Milk	Graham Crackers
	1/4 c Trail Mix	Water	Fruit/Veggies
	Water		Greek Yogurt

Dining-Out

Dining out can be a challenge and overwhelming all at the same time. Below are key words to help guide you on making the best food choices to fuel your body that will enhance performance on the road.

Healthy Cooking Terms/Descriptions

Roasted
 Broiled
 Blackened
 Grilled
 Baked
 Steamed
 Poached
 Charbroiled
 Stir-Fried
 Stuffed with Vegetables
 Marinated in broth/own juices
 Tomato Sauce

High-Fat Cooking Terms/Descriptions

Deep Fat Fried
 Fried or Pan Fried
 Scampi Sauce
 Cheese Sauce
 Crispy
 Butter Sauce
 Creamy/Cream Sauce
 Gravy
 Au Gratin
 Alfredo Sauce
 Sautéed
 Breaded

Note: If there is a menu item you like, but don't like how it is prepared, ask the waiter if the chef could prepare it utilizing a healthier cooking method. For example: change a fried chicken sandwich to a grilled chicken sandwich.

What to Choose and What to Avoid When Dining-Out

Restaurant	Choose	Avoid
American	Grilled/Baked/Broiled chicken, fish, turkey, pork (tenderloin), or lean beef (sirloin, tenderloin, flank, or brisket); baked potato (limited sides); low-fat salad dressing (on the side); grilled vegetables; whole wheat dinner rolls	Anything with the word "Fried"; creamy dressings, mayonnaise, large amounts of butter, sour cream, and cheese, French fries, milkshakes
Chinese	Chicken, beef, or seafood stir-fry; steamed rice (brown if available); hot and sour soup; wonton soup; beef, seafood, chicken with vegetables, Moo Goo Gai Pan	Fried rice; fried egg rolls, fried wontons, sweet and sour pork; orange chicken/beef, Kung Poa chicken/beef, General Tso's chicken/beef, Lo Mein/Chow Mein
Italian	Pasta (whole grain if available) with marinara, marsala, red clam, or tomato sauce; cheese pizza (light on the cheese, heavy on the veggies), minestrone soup or any beef/chicken/vegetable broth based soup, salad with vinaigrette dressing, bread sticks with little to no butter, any vegetable/lean meat combo/pasta combo toasted in olive oil	Cream sauces (alfredo and other cheese sauces), chicken carbonara, eggplant or chicken parmesan, high-fat dressing or desserts, pizza with extra cheese and loaded with high fat meats
Mexican	Soft corn or flour tortillas, chicken or bean burritos (black beans preferably) or soft tacos, fajitas, rice, salsa	Fried taco shells and chips, refried beans made with lard, cheese, high-fat condiments such as sour cream and queso cheese, chimichanga
Breakfast	Pancakes (whole grain), whole grain dry toast, bagels, and cereals, low-fat muffins, turkey sausage, eggs, low-fat dairy	Pre-buttered items such as croissants, biscuits, and muffins; high fat meats such as sausage and bacon, sausage gravy, limit