Choosing Foods Wisely While Eating on the Road

Classes, training and trips to competitions often mean eating away from home. With so much time on the go, choosing nutritious foods that support my performance can be difficult.

How can I reach my nutrition goals while eating away from home?





NUTRITIOUS SNACKS WHILE TRAVELING

Travel can make eating harder, but you can still get the fuel and energy you need.

EATING WELL AT A HOTEL

Is a grocery store close by? Can you use a fridge or microwave? Is a continental breakfast available? Planning ahead and staying flexible can help meet your individual performance needs in any setting.

EATING WELL AT RESTAURANTS AND REST STOPS

Many restaurants and convenience stores have choices that meet your needs.

A·S·P·D·A
FUELING VICTORY®

Sports and Human Performance Nutrition
a dietetic practice group of the Academy of Nutrition and Dietetics
eat right.

Planning to Eat Well on the Road

- Bring a cooler and ice pack when you travel. Yogurt, string cheese, hard-boiled eggs and vegetables with hummus make good snacks. Sandwiches with lean deli meat or grilled chicken provide a larger snack and travel well in a cooler.
- Without a cooler, choose shelf-stable foods. Fruit, crackers, tuna packets, nut butter sandwiches and trail mix are nutritious choices. Bagels, bread and other ready-to-eat carbohydrates are also easy to carry.
- Pack drinks to stay hydrated during travel, and always bring water. Sports drinks, juice and shelf-stable chocolate milk can help meet fuel and fluid needs. Consider which facilities and appliances your hotel offers. If you have a nearby grocery store and access to a fridge, buy fresh produce, deli meats, hummus and dairy foods. Otherwise, choose shelf-stable foods such as whole-wheat bread or crackers, nut/seed butters and tuna packets.
- At a hotel's continental breakfast, choose whole foods where possible. A useful guide is to combine a protein food with a carbohydrate food to complete the meal.
  - Oatmeal, toast or bagels, cereal, fruit and fruit juice provide carbohydrates to fuel the rest of your day.
  - Complete your meal by adding protein such as Greek yogurt, eggs or milk to your carbohydrate choice.



REST STOPS AND GAS STATION SHOPS
Choose familiar foods, aiming for snacks with both protein and fiber. Jerky, trail mix, granola bars, oatmeal or cereal, dried fruit, prepared sandwiches or wraps, and cheese-and-cracker packs can all help sustain energy.

FAST FOOD OPTIONS
Watch your fat intake when eating shortly before training or competition. Grilled sandwiches, where available, make it easier to meet protein and carbohydrate needs. Some chains also offer nutrient-rich sides such as chili, baked chips, small salads and apple slices.

BUILD-YOUR-OWN MEALS
Custom meals, such as subs, bowls and burritos, can suit your needs and preferences. Combine lean protein choices like chicken, turkey, hummus or beans with carbohydrates such as bread, rice, potatoes or pasta to match the demands of your day. Add fruits and vegetables you enjoy to help meet micronutrient needs.

Prepared by ASPDA and SHPN Registered Dietitian Nutritionists (RDNs). For advice on eating well away from home or a tailored fueling plan, consult a sports RDN, especially a Board Certified Specialist in Sports Dietetics (CSSD), or an athletics health care provider.

Resources for Nutrition, Sleep and Performance

MEET YOUR NUTRITION NEEDS ON THE GO



CARBOHYDRATE
Carbohydrates power activity and restore your energy reserves.



PROTEIN
Protein supports faster recovery and muscle repair.



FAT
Fat helps supply the extra energy your body uses during physical activity.



FLUID
Extra fluids help you stay hydrated and replace what is lost during exercise and travel.

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