



Training Camp Nutrition

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Outline:

- Nutrition for travel
- Eating during travel
- Eating on location
- Eating during camp
- Summary and Take-aways



A grayscale photograph of a woman in a gym, wearing a tank top and leggings, riding a stationary bike. She is looking upwards and to the right. In the background, other gym equipment and another person are visible. A large red diagonal shape covers the right side of the image, containing a large white number '1'.

Taking Flight **NUTRITION FOR TRAVEL**

1

What are your
biggest
challenges
during travel?

Challenges of Travel

- Time zone changes
- Disrupted sleep
- Inactivity/boredom
- Limited access to food/beverages
- Exposure to large number of people
- Risk of Illness

Typically longer flights = more challenges



Make a Travel Plan

- 1 Pack snacks and empty water bottle(s)
- 2 Pack COVID-Supplies
 - Hand-sanitizer, disinfectant wipes, extra mask(s)
- 3 Know the schedule for ~ 2days and plan accordingly
- 4 What might you need to purchase on arrival and where/when can you do this?



What is your fuelling plan?

Where are you staying?:

- Hotel
- University Residence
- AirBnB/House

How are you getting your fuel?

- All meals provided by hotel
- Only one meal per day provided
- Responsible for all meals

Consider what you can bring to make fuelling on location easier:

- Locate grocery stores
- Ask about appliances
- Bring food/appliances with you



**How do you
prepare for
travel?**



Travel nutrition starts before you take flight!

In the days leading up to travel:

- ✓ Sleep well! Aim for 8-10 hrs per night
- ✓ Stay hydrated
- ✓ Focus on fibre
- ✓ Manage stress
- ✓ Pack your favourite foods!

Taking flight

NUTRITION DURING TRAVEL

2

**You cannot bring
food from home
with you to eat on
a plane.**

TRUE OR FALSE?

Plane-Friendly Snacks - USA

- Tortilla with PB&J
- Instant Oatmeal + applesauce (packaged)
 - Ask flight attendant for hot water
- Roasted Nuts + granola bar
- Small can of tuna or Hummus (<100mL) + crackers
- Protein powder packet (in shake) + graham crackers and nut/seed butter

***USA does not allow products containing meat or dairy into the country.**



**Make sure to
Claim ALL FOODS**

Food

- Start eating meals on the time zone you are headed to
- Try to avoid boredom eating
- Aim to have a meal or snack every 3-4 hours during “daytime” of destination

Sleep

- Try to sleep according to your destination
- Try to limit naps to < 90 mins

2. Sanitize your spot



- ✓ Wipe down your seat, screen, and touchpoint areas
- ✓ Have sanitizer within easy reach
- ✓ Direct air vent towards you
- ✓ Keep mask on as much as possible



Hydration

- Bring empty water bottles through airport security and fill on other side
 - can ask restaurants to do this
- Aim to drink ~250ml (1 cup) per hr.
- Can use sport drinks or electrolytes to reduce bathroom trips
- Limit caffeine after 1pm local time of destination

A black and white photograph of a hand reaching into a crate of tomatoes. The background is a blurred market stall. A large red triangle is on the right side of the image.

Finding Fuel

EATING ON LOCATION

3

**What do you
struggle with most
when it comes to
nutrition during
travel?**

Planning – Food

- Buy food at airport or on way to accommodations
- If meals ARE provided:
 - Aim to buy snacks for in-between meals
- If meals are NOT provided:
 - Have a plan for meals/snacks you will be eating for the next few days



Tips for eating at restaurants

Look for key words

- Baked, sauteed, grilled, boiled, steamed

Ask for modifications

- Adding veggies, changing cooking method, asking for sauces/dressings on the side

Do your research

- Look at menu ahead of time to find items that fit your needs

Fast Food Ideas

Familiarize yourself with eateries that provide high performance food options and nutrient information.

- Mexican: burrito or soft tacos with grilled veggies, chicken, fish, or steak
- Fast food: grilled chicken sandwich, hamburger, or veggie burger with tomato, and lettuce or grilled chicken salad with reduced-fat dressing
- Sub sandwich restaurant: chili and side salad or turkey sandwich
- Bakery restaurant: low-fat garden vegetable soup and veggie sandwich or smoked turkey breast sandwich

From Eatright.org

Navigating the Breakfast Buffet



Meal Examples:

- Scrambled eggs + 2-3 pieces toast + fruit
- Waffles + syrup + yogurt
- Egg frittata + bagel + cream cheese
- Oatmeal + PB + syrup + fresh fruit

More Optimal:

- Oatmeal
- Fresh fruit
- Bagels and toast
- Eggs
- Yogurt
- Waffles
- Hashbrowns

Less Optimal:

- Bacon
- Breakfast pastries
- High sugar cereals
- Hollandaise sauce
- Breakfast sausage

**Aim to combine
carbohydrates +
protein + colour**

Hotel Room Foods

***Ideal is to have microwave, fridge, and coffee maker**

Fridge Required:

- Greek yogurt
- Cheese
- Sandwich meat
- Milk/milk alternatives
- Hummus
- Pre-made meals

Shelf-Friendly

- Nut butter
- Trail mix
- Beef jerky
- Instant Oatmeal
- Cereal
- Granola bars
- Microwaveable rice
- Bagels/Bread
- Some fruits/veggies
- Protein powder
- Powdered milk



Breakfast:

1-2 packets instant oatmeal cut up fruit + nut butter + 1 small container Greek yogurt

2-3 boiled eggs (can be made in coffee maker or microwave) + English muffin (OR 1-2 pieces bread) (can be topped with nut butter or margarine/butter) + piece of fruit

English muffin (OR 1-2 pieces bread) + nut/seed butter + piece of fruit + Greek yogurt

$\frac{3}{4}$ cup – 1 cup Greek yogurt + sliced fruit + granola

Smoothie (needs magic bullet) + banana (or other fruit) + nut butter + greek yogurt + water OR juice/milk + spinach or kale (optional)

Lunch/Supper:


Sandwich or wrap with deli meat OR cooked chicken breast + cheese + sliced veggies and hummus or dip

PB sandwich + cheese and crackers + beef jerky

Tuna Wrap with Veggies + piece of fruit + trail mix

Salad with chicken breast + pita with hummus

Soup + sandwich



Managing Energy Needs **NUTRITION DURING CAMP**

2

Preparing for camp

- Try to maintain some healthy eating habits during the holiday season:
- Have a meal or snack every 3-4 hrs
- Include a protein choice at each meal and snack
- Include colour (fruits and veg) at every meal
- Use mindful eating to enjoy your holiday treats!



Mindful Eating

www.eatingmindfully.com



The Hunger Scale

1.	You're so hungry you'll eat anything
2.	You can't ignore your hunger and everything looks and sounds good to eat
3.	Your stomach is growling and you have hunger pangs
4.	You can feel you're getting hungry and it's time to think about what to eat
5.	You're neither hungry nor full
6.	Just right; you're satisfied but could easily eat more
7.	Totally satisfied; hunger is gone and you won't be hungry for hours
8.	You're full and don't want anything else to eat
9.	You feel stuffed and uncomfortable
10.	You're painfully full and may even feel sick

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➤ **Assess your hunger and fullness before, during and after your meals and snacks. Try to stay within the shaded areas (numbers 4-7)**

<http://eatingmindfully.com/wp-content/uploads/2016/06/mindful-eating-plate-full-color.pdf>

<https://appforhealth.com/2014/11/how-to-stop-emotional-eating-for-good/hungerscale-6/>

Physical Hunger



Recognized by physical hunger cues;
Satisfied after eating food

Mouth/Taste Hunger



Craving of a specific food or flavour;
Fulfilled by satisfying the craving

The 4 Types of Hunger

[nutriFoodie.ca](https://nutrifoodie.ca)

Emotional/ Heart Hunger



Eating for emotional reasons and using
food as a coping mechanism

Practical Hunger



Eating at a convenient time to
prepare for later hunger

Tips for avoiding negative food talk during the holidays

- Enlist support
- Be a critical thinker / ask questions
- Change the subject
- Remove yourself from the situation
- Say nothing
- Reframe / Provide education



Resources/More Ideas:

<https://gratefullynourished.co/2019/11/27/four-tips-for-navigating-food-diet-talk-during-the-holidays/>

<https://www.liberatednutrition.com/blog/what-is-diet-talk-and-how-to-successfully-navigate-it-this-holiday-season>

**What are your
goals for this
camp?**

Fort Lauderdale Training Camp

Date	Session #1	Session #2
Wednesday, December 28th	3-5pm	
Thursday, December 29th	7-9am	3-5pm (weights)
Friday, December 30th	7-9am	3-5pm
Saturday, December 31st	11-1:30pm (weights)	
Sunday, January 1st	OFF	OFF
Monday, January 2 nd	11-1:30pm	
Tuesday, January 3 rd	6-8 am	2-4 pm (weights)
Wednesday, January 4th	2-4pm	
Thursday, January 5th	6-8 am	2-4 pm (weights)
Friday, January 6th	6-8 am	2-4 pm
Saturday, January 7th	6-8am	

Nutrition at the Pool

Re-fuelling during longer training sessions is important for maintaining energy and power in the pool.

< 1 hrs

Water

> 1 hrs

Gatorade
and/OR snacks

Training Friendly Snacks

Keep in locker or bag for in between training sessions or during breaks.
Aim for 1-2 choices per hour of training

- Granola bar
- 2 bags Welch's Fruit Snacks
- 1x 500mL bottle Gatorade
- 1 cup (250mL) fruit juice
- 2x GoGo Squeeze
- 1x Fruit to Go bars
- ¼ cup dried fruit
- 12 animal crackers

Where does food fit?

Plan when and what you need to fuel training sessions throughout day. Try to keep these 3 things in mind:

1. **Pre-workout** – have a snack or meal within 3 hrs of workout
2. **During** – Try to have a fuel option every ~ 45 mins during session
3. **Recovery** – Implement 2 stage nutrition recovery

STEP 1

(30mins – 1 hr after effort):



1 bar

2-3 Choices



$\frac{1}{4}$ cup

1 fruit



500mL



1.5 packs

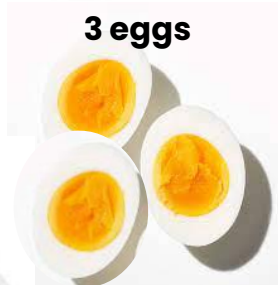
1 Choice

$\frac{3}{4}$ cup



60g

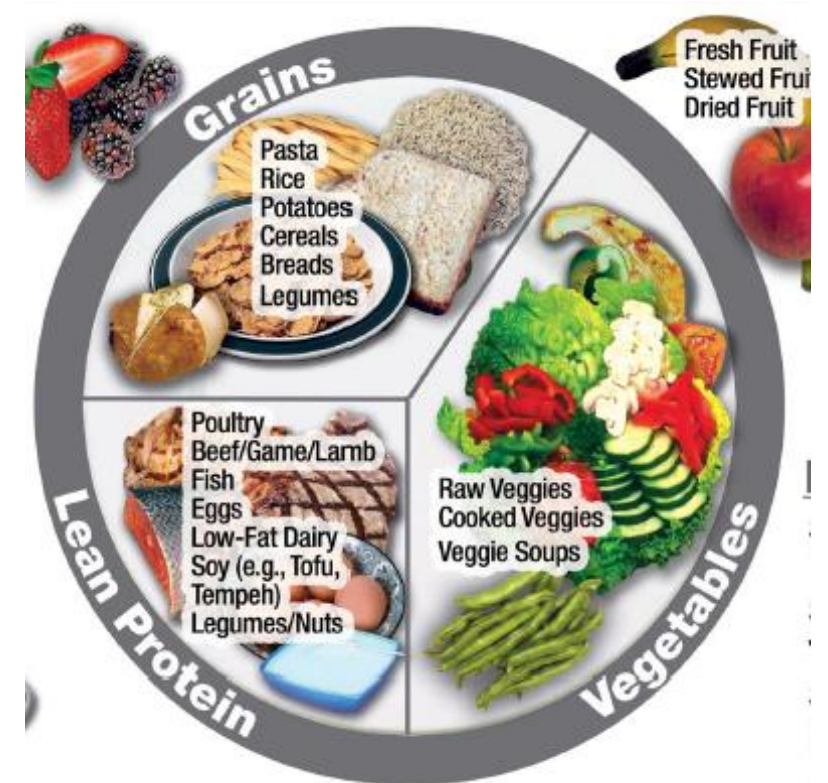
3 eggs



3 sticks

STEP 2

(2-4 hrs after effort):



Pairing energizing foods and protein enhances muscular recovery

Fuelling During Longer Training Sessions

In pool:

- May be limited to liquid fuel sources in bottle:
 - 500 mL Gatorade
 - 250 mL fruit juice (can be diluted with water)
- At least one of these options per hr

Pool + weights:

- Grab snack in transition to weight session.
 - Granola bar + nuts
 - Greek yogurt + banana
 - 2 cheese strings + goldfish crackers

Example: December 29th (2x training sessions w/weights)

6:00am 1 piece of toast w/ PB + Jam + small container Greek yogurt

Training: 7 – 9am 1 bottle Gatorade + Gu Energy Gel

9:30am Recovery 1: bottle of chocolate milk + banana

12:00pm Recovery 2: Wrap with meat, cheese, and veggies + fruit smoothie

2:00pm Granola bar + fruit

Training: 3 – 5 pm 1 bottle Gatorade (pool) + trail mix before weights

5:30pm Recovery 1: Tuna + crackers + apple

7:30pm Recovery 2: Stir-fry with chicken + stir-fried veggies + white rice

9:30pm Greek yogurt and granola (optional)

Example: January 4th (1x session)

8:00am Bowl of oatmeal + nut butter + scrambled eggs + fruit

11:30am Nourish bowl with quinoa + veggies + chicken

Training: 2 – 4 pm 500 mL apple juice in bottle





4:30pm Recovery 1: beef jerky + apple slices + PB

6:30pm Recovery 2: steak + grilled veggies + roasted potatoes

9:00pm Avocado toast with egg

Forecast During Camp




December

28	29	30	31
			
25° 21°	23° 15°	24° 17°	24° 18°

Avg temp = 24C

Avg Humidity = 34 %

January

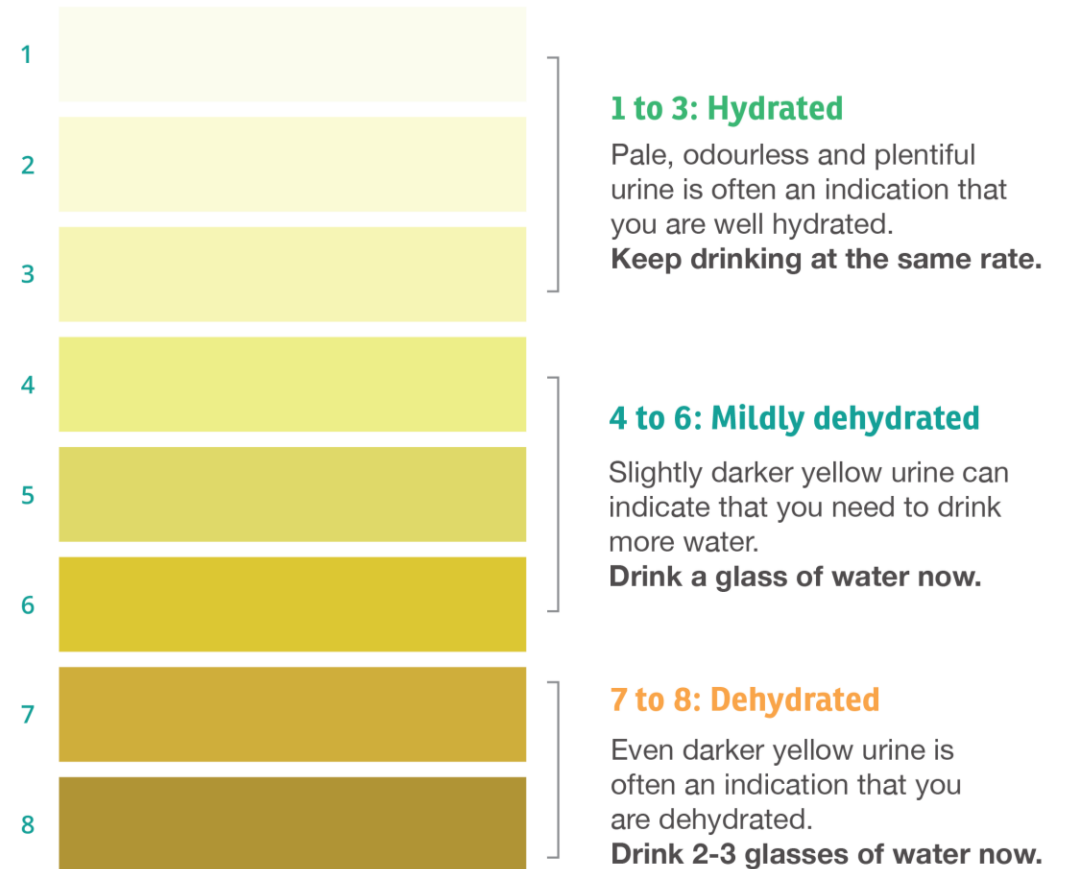
1	2	3	4	5	6	7
						
25° 20°	26° 20°	27° 17°	23° 16°	23° 15°	23° 17°	24° 18°

Keep an eye on your hydration!

Staying Hydrated

- Focus on fluid intake the entire day, not just around activity
- Drink fluids when possible during training
 - Average sweat rates of 0.4-0.8L/hr during activity
 - Rehydrate 125-150% of losses post-exercise
- Monitor urine colour
 - Pale yellow = well hydrated

Use this urine colour chart to assess how hydrated you are. It is important to drink plenty of water each day to stay healthy.



Sources:

Kidney Australia - Drink water instead factsheet
Armstrong et al.; Urinary indices of hydration status; Int J Sport Nutr. (1994)
Armstrong et al.; Urinary indices during dehydration, exercise and rehydration; Int J Sport Nutr. (1998)



Take-aways & **SUMMARY**

4



Summary:

- Make a travel plan – know where your fuel is coming from
- Pack snacks for during travel and after arrival
- Source food for during training and snacks
- Choose foods that support training and recovery
- Keep an eye on hydration

Questions?



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thank you to our partners.
merci partenaires.

Canada 



Alberta 

