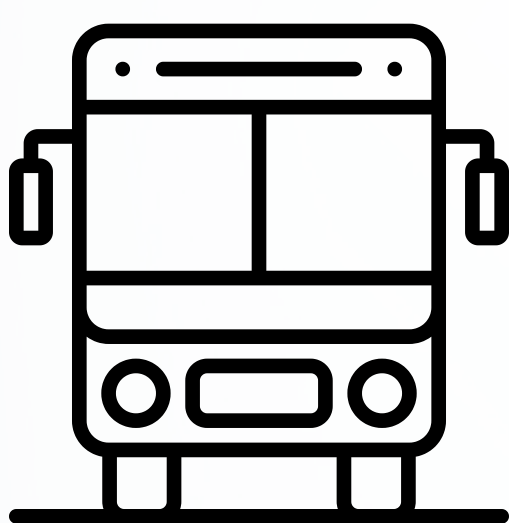




## PERFORMANCE NUTRITION: Taking it on the Road

# Challenges of Travel



- 1 Time zone changes
- 2 Disrupted sleep
- 3 Inactivity / boredom
- 4 Digestive upset ("Gut Lag")
- 5 Unfamiliar foods / limited food access
- 6 Exposure to lots of people
- 7 Risk of illness

# PLAN AHEAD

Comfort Items	Snacks / Fluid	Plan in Advance	Access and Availability
i.e. neck pillow, eye mask, entertainment, comfy clothes	i.e. pull tab tuna, snacks that don't require refrigeration, individually packaged items, insulated water bottle	What time will you be arriving?  What foods / containers do you need to bring with you?	Will you have food provided?  Will you have access to a kitchen / fridge?  What grocery stores / restaurants are close?

## Considerations for Eating on the Road

Total travel time  
Hot / Cold food storage

When you'll have time to eat  
Additional stops on the road

Access to your bag  
What foods you can travel with

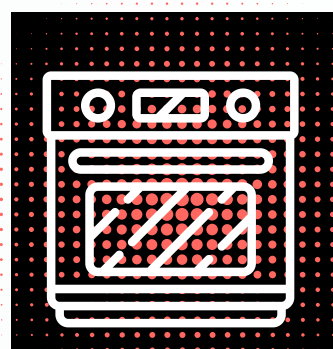


All needs are different and each athlete is unique. There is no one-size-fits-all nutrition intervention. Consult with a sport dietitian to help optimize your health and performance.



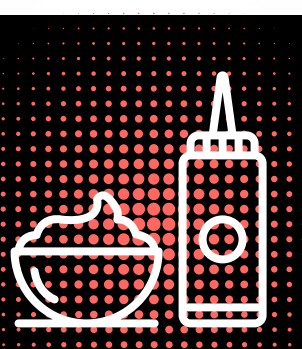
# NUTRITION ON ARRIVAL

## TIPS FOR EATING AT RESTAURANTS



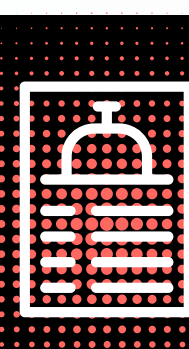
LOOK FOR KEY WORDS

Baked, sautéed, grilled, boiled, steamed



ASK FOR MODIFICATIONS

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



DO YOUR RESEARCH

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

## Navigating the Breakfast Buffet

### MORE OPTIMAL

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

### LESS OPTIMAL

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



## TRAVEL SNACKS IDEAS / OPTIONS

### PLANE SNACKS

- Trail mix
- Granola bars
- Dried cereals
- Sports drink powder
- Applesauce
- Tortilla with nut butter
- Instant oatmeal
- Beef jerky
- Protein powder

### FRIDGE FRIENDLY

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

### SHELF STABLE

- Microwaveable rice
- Bagels / bread
- Sport gels or drinks
- Crackers
- Fruit snacks
- Pretzels
- Dried fruit / dates
- Banana / orange / apple
- Canned tuna

