

# Eating on the Road

## Athlete Scenario

*During my college swim season, rushing to training sessions and traveling to competitive events, I often eat away from home. On the run it's challenging to choose healthy foods that help me perform well. How can I meet my performance nutrition goals when eating away from home?*

## Goals for Eating on the Road

- **Carbs**—carbohydrates at each meal and pre- and post-exercise, for fuel and to replenish muscle energy stores
- **Protein**—moderate amounts of *lean* protein at each meal, small amounts in pre- and post-exercise snacks, to speed recovery and repair muscles
- **Fat**—healthy fats at each meal to meet needs for energy balance and help replace muscle energy stores
- **Fluids**—enough to maintain hydration and replace fluids lost during exercise and travel

## 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

## Travel Pack Ideas

- Trail mix with dried fruit, nuts, and seeds
- Fresh fruit, sliced vegetables
- Bagel with nut butter, dry ready-to-eat cereals, sports bars
- Hydrating beverages such as water, sports water, sports drink, 100% fruit juice
- String cheese, yogurt

Written by SCAN registered dietitians (RDs) to provide sports nutrition guidance. The key to optimal meal planning for athletes is individualization. Contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) for personalized nutrition plans for athletes. Access "Find a SCAN Dietitian" at SCAN's Web site.



## Tips to Take With You

1. Choose eateries that allow substitutions, such as vegetables and fruit, when menu items do not meet your performance needs
2. Tailor your meals. Specify bake, broil, grill, roast, "on the side."
3. Plan ahead! Prepare a travel pack with snacks and beverages that support your performance eating plan.

## Contact Us

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