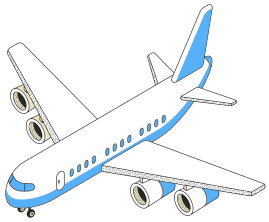
TRAVEL NUTRITON

HOW CAN I STILL MEET MY NUTRITIONAL NEEDS ON THE ROAD?



GENERAL TIP TO HELP YOUR TRAVEL EXPERIENCE

- STICK TO FOODS YOU KNOW, DON'T EXPERIMENT
- TRY TO STAY IN A NORMAL ROUTINE WITH FOOD AND HYDRATION
- AIM FOR MULTIPLE COLORS ON YOUR PLATE
- DON'T FORGET ANY REGULAR SUPPLEMENTS OR MEDICATION

REST STOP

LOOK FOR FRESH FRUIT NEXT TO THE CHECKOUT AND LOW-FAT DAIRY PRODUCTS IN THE FRIDGE. AVOID FOODS THAT ARE HIGH IN SUGAR AND FAT AND GO FOR SNACKS THAT ARE HIGHER IN FIBER AND PROTEIN. TRY TO STICK TO CHEESE STICKS, NUTS, JERKY, FRUITS, AND PROTEIN BARS.

RESTAURANTS

AVOID "CRISPY" OR "FRIED" OPTIONS AND GO FOR GRILLED PROTEIN OPTIONS. AVOID USING DRESSINGS AND CONDIMENTS WITH A LOT OF FAT, SUCH AS RANCH AND MAYO. CHOOSE HEALTHY SIDES, SUCH AS FRUIT, ROASTED VEGETABLES, OR RICE.

BUS

PACKING A SNACK BAG FOR THE BUS IS A GREAT WAY TO STILL MEET YOUR NUTRITIONAL GOALS WHILE TRAVELING. SOME SNACK IDEAS ARE GRANOLA BARS, NUT BUTTER BARS, TRAIL MIX, FRUIT SNACKS, APPLESAUCE PACKETS, BEEF JERKY, AND ANIMAL CRACKERS. DON'T FORGET TO HYDRATE, ALWAYS BRING A REUSABLE WATER BOTTLE AND BRING ELECTROLYTE OPTIONS.

AIRPLANE

IN THE AIRPLANE CABIN, THE HUMIDITY IS TYPICALLY LOW, MAKING YOUR SKIN AND MOUTH DRY, SO MAKE SURE YOU ARE DRINKING 8 OUNCES OF WATER EVERY HOUR ON THE PLANE TO PREVENT DEHYDRATION. BRING A REUSABLE WATER BOTTLE WITH YOU TO MAKE SURE YOU ARE HYDRATED.

TRAVEL NUTRITON

CARBOHYDRATES: GIVE YOU THE ENERGY NEEDED TO PLAY, AND HELP PREVENT MUSCLE BREAKDOWN. LOW CARBS = DECREASED STAMINA
FAT: INCREASES IMMUNE FUNCTION TO HELP STAY HEALTHY, HELPS STAY FULL
PROTEIN: HELPS REBUILD, AND REPAIR MUSCLE, AND HELPS WITH HORMONES
FLUIDS: FLUIDS ARE ESSENTIAL TO LIFE AND CRUCIAL FOR REGULATING BODY TEMPERATURE, TRANSPORTING NUTRIENTS, AND THE REMOVAL OF WASTE

QUICK CARBOHYDRATES AS FUEL

- HONEY STINGERS
- ENERGY GELS/CHEWS
- SPORTS DRINKS
- APPLESAUCE
- BANANAS
- GRAPES
- PRETZELS
- GRANOLA BAR

EAT THROUGHOUT THE DAY TO HAVE SUSTAINABLE ENERGY

- WHOLE-WHEAT PITA W/ VEGGIES AND HUMMUS
- OATMEAL TOPPED WITH FRUIT
- PEANUT BUTTER & JELLY
- PROTEIN BAR & CHEESE STICK
- WHOLE-WHEAT TORTILLA ROLL UP WITH BANANA AND PEANUT BUTTER
- GREEK YOGURT W/ FRUIT AND GRANOLA
- GRANOLA BAR & MUSCLE MILK

EAT PROTEIN TO REFUEL POST-GAME OR MID-DAY SNACK

- STRING CHEESE
- GREEK YOGURT
- CHOCOLATE MILK
- DELI MEAT SANDWICH
- HARD-BOILED EGGS
- COTTAGE CHEESE
- BEEF JERKY

MAKE SURE YOU ARE GETTING IN A GOOD **PROTEIN SOURCE** AFTER GAMES