

# MAKING GOOD CHOICES WHILE EATING ON THE ROAD

**B**etween my class schedule, training sessions and traveling for competitions, I often eat my meals away from home. Being on the go makes it challenging to choose healthy foods that help me perform well.

How can I meet my nutrition goals when eating on the road?

*(For the best practices while eating on the road, turn the page.)*



Information presented by



**Sports,  
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## MEETING YOUR NEEDS WHILE TRAVELING

- **Carbohydrate** – Carbohydrate is needed to fuel activity and replenish energy stores.
- **Protein** – Protein helps to speed recovery and repair muscles.
- **Fat** – Fat is needed to support the extra energy expenditure that comes from engaging in physical activity.
- **Fluid** – Additional fluid is necessary to maintain hydration and replace losses during exercise and travel.

### HEALTHY SNACKS FOR ON THE ROAD

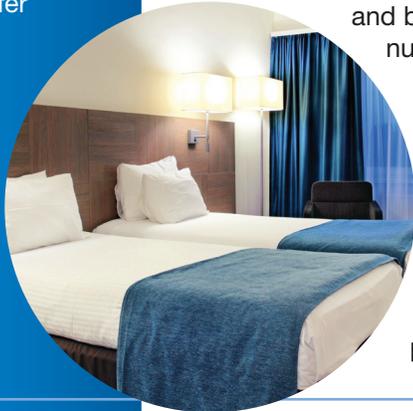
Being on the road is not always ideal, but you can still meet your healthy eating needs.



- Invest in a cooler and ice pack to take with you when you travel. Low-fat or fat-free yogurt, string cheese, hard-boiled eggs and vegetables with hummus are great snacks; sandwiches with lean deli meat or grilled chicken are more substantial snacks that pack well in a cooler.
- Shelf-stable foods are best if you do not have a cooler. Fresh fruit, crackers, tuna packets, nut butter sandwiches and trail mix are healthy options. Bagels, breads and other ready-to-eat carbohydrates also can be easily transported.
- Remember to pack beverages to help keep you hydrated while traveling. Always bring water. Sports drinks, 100 percent fruit juice and shelf-stable chocolate milk will all contribute to your fueling and hydration needs.

### HEALTHY EATING AT A HOTEL

Is there a grocery store nearby? Do you have a refrigerator or microwave? Does the hotel offer a continental breakfast? No matter the situation, you can always eat healthy.



- If there is a local grocery store, you can purchase fresh fruit and vegetables, salad, whole-wheat bread or crackers, nut butters, and tuna packets. If your room has a kitchenette or refrigerator, you can purchase low-fat or fat-free dairy products or healthy frozen dinners.
- Use your best judgment at hotel continental breakfasts. Avoid pastries and baked goods, as they are high in sugar and fat and provide little nutritional value.
- Choose simple, whole-food options.
- Fresh fruit, and low-fat or fat-free yogurt and oatmeal, are great ways to start your day.
- For the best carbohydrate choices, choose a whole-wheat bagel or low-sugar cold cereals with low-fat (1 percent) or skim milk.
- Juices can be high in calories and low in fiber. Choose 100 percent fruit juice over a juice blend.

### HEALTHY EATING AT RESTAURANTS AND REST STOPS

Many restaurants and convenience stops offer options that will fit into your healthy eating plan.



- **Rest stop or gas station convenience store** – Stick to foods that you recognize and would purchase if you were shopping in a grocery store. Look for low-fat dairy products in the coolers and fresh fruit near the checkout. Trail mix and granola bars are also available, but check the nutrition label before buying them. Choose snacks high in fiber and protein, while avoiding foods that are loaded with sugar and fat.
- **Fast food restaurant** – Choose grilled chicken sandwiches and grilled chicken salads, but avoid high-fat condiments and dressings. Some chains also have chili or other healthy sides, such as sliced apples. Avoid “crispy” chicken and French fries. Remember that bigger is not always better; do not upgrade the size of your meal.
- **Sub sandwich restaurant** – These can be great options since your food is often made-to-order. Choose whole-wheat bread and lean meat, such as turkey, or have an all-vegetable sub. Load up on as many vegetables as you want, but be cautious of high-fat condiments, dressing and cheese. Instead, use condiments lightly and ask for reduced-fat cheese. Choose a piece of fruit instead of a cookie or chips if the sandwich comes with a side.