



# FUELING ON-THE-GO

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With a little planning, athletes can be prepared for eating while traveling or between classes and workouts. Stock your gym bag and dorm with these on-the-go fueling essentials.

## TRAVEL NUTRITION ESSENTIALS:

- **Hydration is important!** For plane travel, one loses 3-10oz/hr. Drink at least 8oz/hour.
  - Carry a **water bottle** + don't forget electrolytes!
- **Pack snacks** in your carry-on or book bag (Include salty snacks.)
- Bring **non-food activities/schoolwork** to prevent eating out of boredom.
- Carry an **eye mask & earplugs** to support healthy sleep habits.
- Don't forget any **supplements** you take regularly!
- **Consume probiotic-rich foods** to ensure optimal gut health—stress & travel can cause GI issues – both constipation and diarrhea.



## EASY SNACK IDEAS:

### QUICK-DIGESTING CARBS (EAT < 1 HOUR BEFORE WORKOUT)

- Applesauce or applesauce/fruit puree pouches.
- Fruit Smoothies—frozen fruit, OJ, spinach.
- Canned fruit in own juice.
- Pretzels.
- Sports drinks, gels, energy chews.

### SLOW FUEL - WHOLE GRAIN CARBS & HEALTHY FATS

Eat throughout the day for sustained energy

- Fruit and nut bars.
- Trail mix—dried fruit, nuts, whole grain cereal.
- Whole grain crackers and hummus cups.
- Granola/cereal in baggies.
- Pre-popped, low-fat popcorn.
- PB&J—whole grain bread, peanut butter, and jelly.
- Corn chips and guacamole or salsa.
- Instant oatmeal/cream of wheat.
- Fresh Fruit—apples, bananas, clementines, and grapes travel well.
- Baby carrots or other cut veggies.

### PERFORMANCE PROTEINS

Optimal for mid-day snack and refueling post-workout

- Beef jerky.
- Hard-boiled eggs.
- String cheese.
- Greek yogurt.
- Deli turkey, chicken, or ham for simple deli sandwiches.
- Dry-roasted edamame.
- Tuna/chicken pouches.
- Protein powder—NSF certified.
- Single-serve peanut butter packets (protein & fat source).
- Shelf-stable chocolate milk/protein shakes.