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On-the-go nutrition for athletes

This week's post will focus on nutrition and fueling tips for the traveling athlete, whether you are just out of the house for the day or traveling for a camp or competition, these tips can help you to better prepare for fueling on-the-go!

Snacks & meals for one-day planning

- Nuts and/or trail mix
- Hard boiled eggs (if you have a means to keep them cold)
- Yogurt cups with granola, trail mix, dried fruit, etc.
- Sandwiches and wraps (nut butter, deli, meat and veggie wraps, etc.)
- Sports and granola bars
- Fresh fruit (bananas, apples, berries, melon, etc. are all easy to take with you)
- Veggies like carrots and sugar snap peas, or whatever your body tolerates well!
- Cheese sticks
- 100% juice, sports drinks, and/or smoothies (the Naked smoothies are always a convenient option if you do not own a blender to make your own!)



Snacks & meals for multiple-day trips/planning

If you have access to a means of keeping perishable foods cold, then the types of food you pack have endless possibilities, but most times for longer trips, you will only be able to keep limited amounts of food cold for a relatively short amount of time. For instances such as this, try and focus on packing items that can still last if they are not kept cold. Some ideas for these situations could be:

- Cereal, granola bars, and/or sports bars
- Pretzels
- Peanut butter
- Nuts, seeds, dried fruit, and trail mix
- Graham crackers
- Fresh fruit (apples, bananas, oranges, mangoes, berries, etc.)
- Bread, bagels, tortillas, etc.
- Dried jerky meats
- Applesauce
- Carnations instant breakfast packets

Fast food options

Often fast food is one of the only options we are left with when traveling, but luckily nowadays more restaurants are offering up healthier options and most popular restaurant chains have the nutritional information of their food posted online. Some tips for choosing healthier options when on-the-go can be:

- *Plan*: before you travel, figure out what sort of food options will be available to you while you are gone. Pack items you know you will want but are unsure if they will be available to purchase during your trip.
- *Locate*: find which stores and/or restaurants you will have access to and the options they provide you with.
- *Explore*: utilize the internet to look over menus of local restaurants, most chain restaurant sites I've perused do a pretty good job with providing all sorts of helpful nutritional information.
- *Anticipate*: do your best to try and assess your nutritional needs before your trip. For example, what types of foods will you need, how much time (if any) will you have to prepare your snacks and meals ahead of time. How long will you will be gone and how consistently you will have access to food are important considerations as well.

Planning and providing yourself with available food options beforehand will allow you to make quick and easy decisions on how to best fuel your body when you are hungry and looking for food while traveling. With health and nutrition becoming more of a forefront these days, more and more businesses are posting resources for people to learn more about what it is they are putting into their bodies. If you have the time, take a few moments to explore the online menu for your favorite restaurant and you might be surprised with what you discover about your typical order! The way food is prepared commercially is very different from the way you cook at home and that's how things like trans-fat, sodium, sugar, and ingredients you have never heard of make their way into your diet. Next week I can go more into processed/fast foods, the way they are made, and how this affects our health, but for now just explore menus and take the time to consider your options and maybe try something new based on what you find! [Here](#) are two links from chain [restaurants](#) displaying broken-down nutrition information for the foods they offer.

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