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 such as

- Baja Fresh®: Grilled veggie or Baja burrito
- Burger King®: Tendergrill® chicken sandwich, hamburger with tomato, or BK Veggie® burger
- Taco Bell®: Fiesta burrito with chicken or grilled steak soft tacos
- Quiznos®: Chili and side salad or Tuscan turkey sandwich
- Panera®: Low-fat garden vegetable soup and Mediterranean 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

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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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.

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