

Sports Nutrition Handout

Eating on the Road

Although maintaining good nutrition during travel is challenging, it can be accomplished. Below are some tips to help salvage your training diet while away from home.

Fast Foods Chains

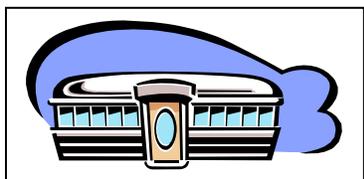
Fast foods typically supply a generous helping of fat, calories and sodium for nutrients contributed. However, most fast food establishments now offer a few healthy alternatives such as salad bars, baked potatoes, roasted or grilled chicken sandwiches and skim milk.

Tips for eating fast:

1. Choose charbroiled or roasted sandwiches.
2. Get lettuce, tomato, mustard, ketchup, relish and/or onion on your sandwich and hold the mayo.
3. Try just hamburger instead of a cheeseburger.
4. Order a regular hamburger instead of a jumbo.
5. Avoid adding cheese and fatty dressings to salad.
6. Dress up your baked potato with salsa, veggies, low-fat butter substitute, or pepper, rather than margarine, sour cream or cheese.
7. Drink skim milk or juice as a beverage, instead of whole milk or milk shakes.
8. Have pizza plain or with vegetables. If you want meat, try Canadian bacon instead of pepperoni, sausage or hamburger.

B.Y.O

The best way to assure that your road meal is in line with your training diet is to pack your own food. Just be sure to bring items that won't spoil during the trip, unless you can take a cooler or an insulated lunch container with an ice pack to keep the contents cold.



Restaurants

Dining in a restaurant does not mean that you must surrender yourself to rich, high-fat foods. As a customer you have the right to question how items are prepared, and even request modifications in the preparation when feasible.

When ordering, you should:

1. Choose broiled, baked, steamed or poached instead of fried, au gratin, or scalloped foods.
2. Request that gravies, salad dressings, toppings and sauces be omitted, or served on the side so you can decide how much to use.
3. Choose regular bread or buns, bread sticks, English muffins, or bagels, rather than biscuits, cornbread, or croissants.
4. Ask for (or bring your own) diet dressing and low-fat butter substitute.

