

Hit the Road...

Sport Nutrition on the *Move*



When an athlete hits the road, whether it's a tournament in a country abroad or a match just across the street, eating healthy while on the road can be a challenge. Use these tips to help prepare you for what lies ahead.

PROCEED WITH CAUTION

Fast food can mean "fat" food, but it doesn't have to! Remember, high fat food delays digestion, forcing high-energy carbohydrates to take longer to reach the body's muscles.

To get the full benefit of eating prior to exercise, food has to be converted into energy to fuel your muscles. If food is sitting in your stomach, it's in the wrong place.

To help food digest quickly limit fat intake close to practice and game time.

BE A FAT SLEUTH: Watch for words like mayo, aioli, au gratin, butter sauce, creamed, creamy, crispy, fried, gravy, Alfredo sauce, cheese sauce, creamy sauce, special sauce, and pan-fried.



Sports foods that travel well (pick your favorites):

Bagels, crackers, string cheese, trail mix, almonds, dried fruit, fig newtons, granola bars, energy bars, hard boiled eggs, beef jerky, pretzels, yogurt, carrot sticks, cereals, packets of instant breakfast drink, soft pretzels, instant soups, fruit juice, milk boxes (especially chocolate for recovery) and fruit.

GREEN LIGHT NUTRITION

The following terms generally indicate that the food is lower in fat, and are generally healthier choices when eating out: broiled, steamed, poached, garden-fresh, in its own juice, tomato sauce, marinara sauce, roasted, wood-fired, stir-fried, and grilled. Wraps and sandwiches are often a good choice, just watch out for special sauces. Other great choices include baked potatoes and grilled chicken sandwiches.

FUEL WITH FAVORITES

Stocking up on familiar foods, like the foods you use in practice, can be helpful on the road. Bring a small cooler with your favorites in it and fuel up while traveling! This way your body and mind will be fueled with favorites.

ON THE GO...AGAIN

When playing multiple games or matches, timing can be tricky. It takes three to four hours to digest a regular meal. If your time between games is less than two hours try some of the following as "between-event-meals":

- smoothies
- turkey sandwich with mustard and lettuce
- instant breakfast drinks with fruit
- low-fat chicken wraps
- "naked" burritos
- bowl of cereal with milk and fruit
- bagel sandwich

If you need help with timing meals on the road, see the following page...

Tournament Sample Day:**Suggested foods (your foods may differ):**

Time	Event	Sports Nutrition Plan
6:30-7:00 am	Breakfast (ideally 2–4 hours before a game)	Oatmeal with low-fat milk Banana Toast with peanut butter and honey Water
7:00-8:30 am	Warm-up	Frequent sips of water/chewy granola bar if hungry
9:00-10:30 am	Game #1	Frequent sips of sports drink or water during breaks
10:30-11:00 am	Recovery	½ Cinnamon raisin bagel Banana Water or sports drink Goal: 0.5 grams of carbs/lb. of body weight within 30 minutes, plus 10–20 grams of protein
12:00-12:30 pm	Lunch	Turkey sandwich Fresh fruit Baked chips Low-fat frozen yogurt Water
12:30-1:30 pm	Rest time	Frequent sips of water Energy bar if hungry
2:00 pm	Warm-up	Frequent sips of sports drink or water
3:00-4:30 pm	Game #2	Frequent sips of sports drink or water during breaks
4:30-5:00 pm	Recovery	Choose from: Chocolate milk, string cheese and crackers, smoothie, bagel, or yogurt with cereal Goal: 0.5 grams of carbs/lb. of body weight within 30 minutes, plus 10–20 grams of protein
6:00 pm	Dinner and evening snack	Cheese ravioli with meat or marinara sauce French bread Fresh or canned fruit Steamed vegetables Gelato or frozen yogurt Goal: Consume a carb-rich meal and carb-based snacks until you retire for the night