

Making Good Choices While Eating On The Road

Between my class schedule, training sessions and traveling for competitions, I often eat my meals away from home. Being on the go makes it challenging to choose healthy foods that help me perform well.

How can I meet my nutrition goals when eating on the road?



HEALTHY SNACKS FOR ON THE ROAD

Being on the road is not always ideal, but you can still meet your fueling/energy needs.

HEALTHY EATING AT A HOTEL

Is there a grocery store nearby? Do you have a refrigerator or microwave? Does the hotel offer a continental breakfast? No matter the situation, with proper planning and flexibility, you can continue to meet your unique performance needs.

HEALTHY EATING AT RESTAURANTS AND REST STOPS

Many restaurants and convenience stops offer options that fit your needs.



**Sports and
Human Performance
Nutrition**
a dietetic practice group of the
Academy of Nutrition
and Dietetics

**eat
right.**

Being Prepared to Eat on the Road

- Invest in a cooler and ice pack to take with you when you travel. Yogurt, string cheese, hard-boiled eggs and vegetables with hummus are great snacks; sandwiches with lean deli meat or grilled chicken are more substantial snacks that pack well in a cooler.
- Shelf-stable foods are best if you do not have a cooler. Fresh fruit, crackers, tuna packets, nut butter sandwiches and trail mix are healthy options. Bagels, breads and other ready-to-eat carbohydrates also can be easily transported.
- Remember to pack beverages to help keep you hydrated while traveling. Always bring water. Sports drinks, fruit juice and shelf-stable chocolate milk will all contribute to your fueling and hydration needs. Be mindful of the resources/appliances available at the hotel. If there is a local grocery store and you have access to a fridge, you can purchase fresh fruit and vegetables, deli meats, hummus and dairy products. If not, shelf-stable items like whole-wheat bread or crackers, seed/nut butters and tuna packets are good options.
- At hotel continental breakfasts, choose whole food options when possible. Look to complete your meal by combining both a protein and carbohydrate component as a rule of thumb.
 - For example, oatmeal, toast/bagel, cereals, fruit and fruit juices are all great carbohydrate options to provide energy for the rest of the day.
 - Pair that carbohydrate with protein sources like Greek yogurt, eggs or milk to complete the meal.



REST STOP OR GAS STATION CONVENIENCE STORE

Stick to foods that you are used to eating. Aim to choose snacks containing both protein and fiber. Items like jerky, trail mix, granola bars, oatmeal/cereal, dried fruit, ready-made sandwiches/wraps and cheese and cracker packs are all great options to provide sustained energy.

FAST FOOD RESTAURANT

In fueling situations closer to training or competition, be mindful of fat intake. To more easily meet your protein and carbohydrate needs, look for grilled sandwich options when possible. Some chains may also offer nutrient-dense sides like chili, baked chips, side salads and sliced apples.

BUILD-YOUR-OWN STYLE RESTAURANT

These can be great options since your food can be customized to better meet your needs and preferences (e.g., subs, bowls, burritos). Pair lean protein options (e.g., chicken, turkey, hummus, beans) with carbohydrates (e.g., bread, rice, potatoes, pasta) that support the demands of your day. This can be a great opportunity to add fruit and vegetables you enjoy to support your micronutrient needs.

Written by ASPDA and SHPN Registered Dietitian Nutritionists (RDNs). For more information on healthy eating away from home or for an individualized fueling plan, consult a RDN who specializes in sports, particularly a Board Certified Specialist in Sports Dietetics (CSSD) or an athletics health care provider.



Nutrition, Sleep and Performance Resources

MEETING YOUR NEEDS WHILE TRAVELING



CARBOHYDRATE

Carbohydrate is needed to fuel activity and replenish energy stores.



PROTEIN

Protein helps to speed recovery and repair muscles.



FAT

Fat is needed to support the extra energy expenditure that comes from engaging in physical activity.



FLUID

Additional fluid is necessary to maintain hydration and replace losses during exercise and travel.