

EATING WHILE TRAVELING

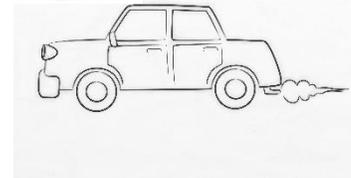
Athletes may have a hard time following their regular nutrition habits while traveling. This can have an impact on both their performance and their general health.

There are several challenges to eating well on the road.

- Food options are limited to what's available at accommodations, training/competition venues and restaurants or supermarkets in the surrounding area.
- The length of the trip and mode of travel will affect how much and what kind of food athletes can prepare and bring with them.



A well thought out plan can help athletes follow regular nutrition habits as closely as possible, keeping them healthy and ready to perform.



4.1 Before leaving

There are several things you can do before you get on the road to help plan your nutrition travel strategy.



Accommodations

Determine whether rooms at your accommodations have a fridge, microwave, coffee maker or other appliances. If the room isn't equipped with them, ask if they can be provided.

Identify if there are any supermarkets close to the accommodations and training/competition venues.



Food storage

Ensure that you store perishable foods, such as sandwiches, cheese, meat and milk at their safe temperature. Note that you can not bring freezer packs on a plane. Keep hot foods hot and cold foods cold.



Travel by air

Determine what (if any) meals will be served in-flight. Order any special meals (link vegetarian or low sodium) at least 48 hours in advance.



Destination country

Check customs regulations to see what foods can be transported into the destination country if traveling internationally. Familiarize yourself with food safety at the destination country.

Examples of a variety of foods you can bring on the road:

Carbohydrates	
Apple sauce fruit pouches	Microwave popcorn
Bagels	Pitas
Crackers	Precooked rice, noodles, quinoa, couscous
Dried fruit/fruit leathers	Pretzels
Dry cereal/granola	Sports bars
Granola bars	Sport drink powder
Homemade muffins	Tortillas

Protein

Nuts	Seeds
Hummus	Dried Chickpeas

Fruits & Vegetables

Apples	Carrots sticks
Bananas	Mini cucumbers
Grapes	Snow peas/snap peas
Oranges	Avocados
Kiwi	Berries

4.2 Traveling by air

Air travel is particularly dehydrating. Athletes can reduce the risk of dehydration in several ways.

- Drink at least 250 mL of fluid for every hour of travel.
- Eat a high-carbohydrate meal prior to departure.
- Limit consumption of pop, coffee and tea.
- Pack nutritious snacks and avoid salty in-flight snacks.

Jet lag is another challenge with traveling by air. Athletes can minimize the effects of jet lag by:

- Spending time outside in the sunlight upon arrival.
- Bringing an eye mask, mattress pad, ear plugs or other items to help them sleep during the flight.

Do not limit fluid intake, which you may do in order to avoid using the restroom on a plane or bus. Dehydration is worse for the body than a cramped restroom.

4.3 Traveling by land

There are several strategies for helping athletes eat well when travelling by land.

- Bring entertainment to prevent eating from boredom.
- Plan meal or snack times to avoid continuous eating.
- Take breaks to walk around and stretch.
- Avoid the fast-food trap by planning meals and snacks.
- Choose foods that are whole grain, vegetables, fruit and lean meat when eating at restaurants or buying food at a supermarket.
- Ensure to continue to hydrate and don't limit fluid intake to avoid having to stop.

4.4 At your destination

At your destination, athletes should try to eat as close to how they would eat at home.

If the training or competition venue has a dining hall, athletes should navigate the dining hall first and then choose foods based on their pre-established nutrition plan.

FOOD POISONING

Food poisoning is always a risk when travelling. Athletes can minimize the risk or other food-related illnesses in several ways.

Wash hands with soap before eating.

Check "best before" dates of perishable foods.

Make sure all food is fully cooked and served hot.

Ensure that dairy products have been pasteurized and are served cold.

Avoid raw foods from street vendors.

CONTAMINATED WATER

Athletes should take extra precautions if the water supply is questionable.

Drink bottled water.

Only eat vegetables and fruits that can be peeled.

Avoid dishes with raw vegetables like salads.

Use bottled water to wash fruits and vegetables.

Use bottled water to brush teeth

Avoid ice cubes.