

# Nutrition Strategies for Travel


Heather Hynes, MSc, RD  
Sport Dietitian  
Sport Medicine and Science  
Council of Saskatchewan

‘Prepare and Practice so that  
the Results become  
Inevitable’

‘Repeat what it is that we  
are trying to Achieve’

Tom Morris, Women's LW National Coach  
Women's Silver medalists 2016

# Overview:

- ▶ Review of common nutrition challenges with travel and competitions away from home
    - Prep before you leave home
    - Bus travel concerns
  - ▶ Nutrition goals for optimal performance upon arrival
    - How to maintain energy levels
    - Examples of meals and snacks
  - ▶ What and how to plan your competition days
    - What to pack, purchase, etc.
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# Before you leave home....

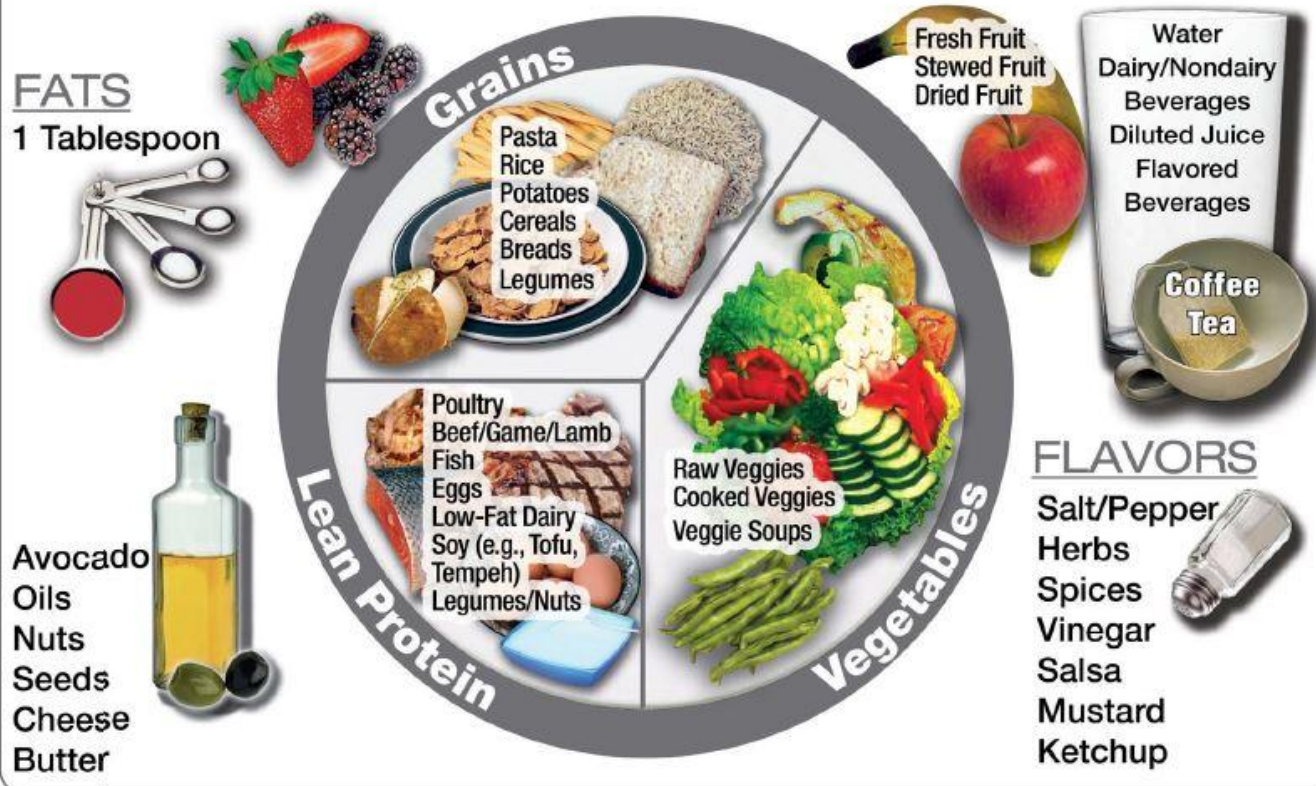
- ▶ In the week before you depart for the competition be very aware of your nutritional intake, hydration and sleep patterns
  - Focus on getting 8–10hr of QUALITY sleep per night
  - Focus on eating every 2 ½ to 3 hours
  - Focus on quality Carbohydrate (CHO) foods
    - More fruits, vegetables and whole grains
  - Make sure you are staying hydrated... 2 ½ to 3 L of water and fluids per day + more during training

**This planning will ensure that you leave home healthy and ready to compete**



# ATHLETE'S PLATE

## MODERATE TRAINING:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

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# ATHLETE'S PLATE

## HARD TRAINING / RACE DAY:

### FATS

2 Tablespoons



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



### Grains

Pasta  
Rice  
Potatoes  
Cereals  
Breads



Fresh Fruit  
Stewed Fruit  
Dried Fruit



Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages

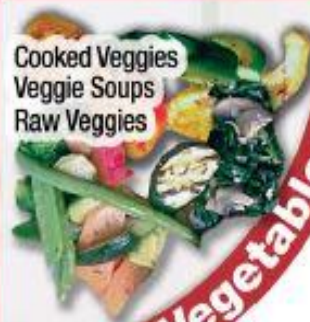


Coffee  
Tea

Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu,  
Tempeh)  
Legumes/Nuts



Cooked Veggies  
Veggie Soups  
Raw Veggies



### FLAVORS

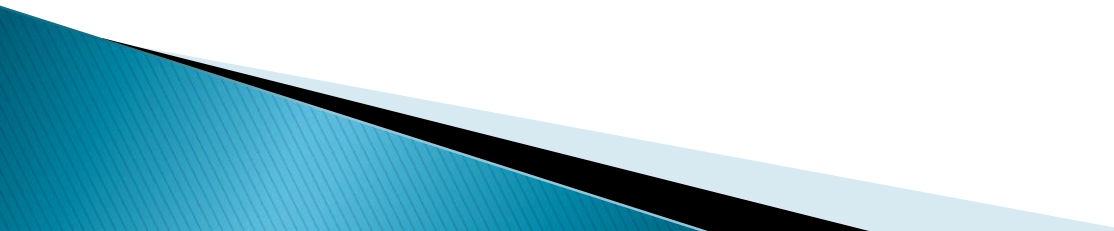
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup



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# Nutrition Challenges for athletes

- ▶ Balancing daily energy needs with daily requirements
    - Travel days + decrease in training volume does have an impact on energy intake
    - Decreased appetite
  - ▶ Achieving daily carbohydrate (CHO) needs
    - Maximizing muscle glycogen during travel
  - ▶ Finding high quality protein sources on a daily basis
  - ▶ Food safety issues (temperature control, hand sanitizer)
  - ▶ Travel fatigue–bus or plane
    - Impact on appetite, bowel function, sleep patterns, energy levels, etc.
- 

# EASY TRAINING / WEIGHT MANAGEMENT:

## FATS

1 Teaspoon



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages

Coffee  
Tea

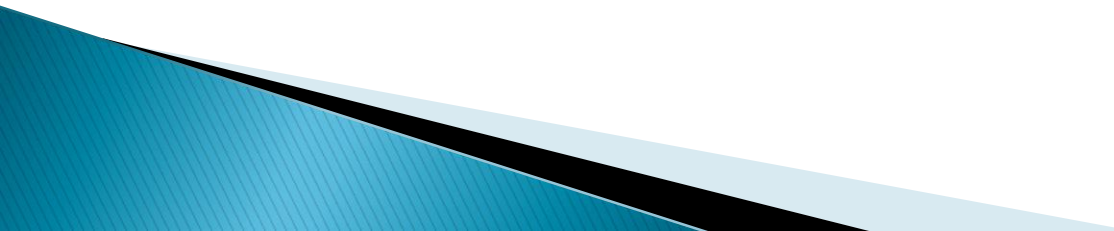
## FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup





# The Key is Planning....

- ▶ When traveling to a new city and new venue, research what types of foods/fluids are available... formulate a list of foods
    - Google search the area!
    - Look for grocery stores and healthy restaurant options
  - ▶ Review your travel schedule
  - ▶ Develop a list of travel foods and fluids
    - Bus travel.... Pack a full water bottle
  - ▶ Develop a list of foods/fluids that you feel comfortable consuming pre, during and post for competition
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# Bus Travel: Key planning points

- ▶ Note any time change and duration of travel
- ▶ Maintain hydration but having 1 cup (250ml) fluids per 1.5 hr
- ▶ Have your snacks close by... try to stay on a consistent eating schedule
  - Snack every 3 hours
- ▶ Try to maximize sleep and rest on your travel days
  - ▶ Pack items to help with relaxation–
    - For all athletes, it's BEST to avoid caffeine on travel days

# The Key is Planning....

## ► Development of a travel snack list...

**Goals: moderate to high CHO, source of protein,**

- Cereal bars (look at protein and fibre content)
- Dry cereal (pack ziploc bags)
- 100% Dried fruit bars and bits
- Applesauce cups
- Mini bagels
- High protein bars
- Fibre one or all bran bars
- Homemade trail mix (dry cereal + nuts/seeds + dried fruit)
- Nut butter (almond or peanut butter)
- Cheese strings, 100g yogurts, Yop (with ice pack)
- Snap peas, baby carrots, grapes....



# The Key is Planning....


- ▶ If a hotel is already booked at the destination
  - Research the restaurants/food available at the hotel
    - Continental breakfast
  - Contact them and inquire about hours of operation and menu items
  - Make specific requests if needed
  - For team sports, ask for set meal times that work for your competition schedule (coach or manager)
  - Try to book a room with a fridge, microwave, toaster, kettle (ask for an extra fridge when possible)
    - When this is not possible, bring your own cooler and kettle



# Meal Choices on Travel days...

- ▶ Have your **Nutrition Goals** in mind when you order
  - Focus on high CHO foods, lean or low fat sources of protein, plenty of fluids (water), minimal added fats and watch your portions
- ▶ Examples:
  - ww Bagel w/ egg and cheese, 100% fruit juice
  - Ham and cheese sandwich w/added vegetables + milk or fortified soy milk
  - Rice w/ grilled chicken breast, side salad, milk
  - Wrap w/ roast beef, cheese, vegetables, water
  - Small fruit smoothie + ½ sandwich with lean meats
  - Pasta w/ tomato and meat sauce, milk

# More meal and snack examples....

- ▶ Fruit smoothies, ww bagel + peanut butter
  - ▶ Sub sandwich with meat, cheese + vegetables
  - ▶ Stir fried vegetables, chicken, rice, milk
  - ▶ Mexican food– soft tacos or burritos with rice
  - ▶ Greek food– grilled chicken or pork + rice + salads
  - ▶ Grilled chicken burger + side salad + milk or 100% fruit juice
  - ▶ English muffin + scrambled eggs + fruit
  - ▶ Baked potato (plain) + grilled red meat (4–5oz. Max) + cooked vegetables
  - ▶ Pasta salad + grilled chicken + milk
- 

# Meal Choices on Travel Days....


## ▶ Foods to AVOID:

- Cream sauces, dressing, mayonnaise, ranch dressing, sour cream
- Fried foods (french fries, chicken fingers, onion rings, hashbrowns, etc.)
- Breaded meats
- Breakfast meats (bacon, sausage, ham)
- Fast food burgers
- Salads covered in dressing
- Energy drinks (high caffeine products)
- High sugar drinks (cola, ice tea, etc.)

**Always remember...You are traveling to compete!**





# Establish your New Routine Quickly:

- ▶ Adjust your body clock, sleep patterns and food intake patterns during your travel
    - This can help with fatigue
  - ▶ Once you arrive at your location... head to the grocery store! **Have a list and stick to the list!**
  - ▶ Purchase breakfast and lunch foods to avoid having to dine out for all your meals
    - Save money, time, and you are in control of the quality
  - ▶ Formulate a meal and snack plan that works with your competition schedule
    - Provide 2–3 hours to digest a meal
    - 1 to 1½ hours to digest a snack
- 



# Importance of OPTIMAL TIMING:

- Develop a schedule for food intake
  - Breakfast  Morning Session
  - AM snack
  - Lunch
  - PM snack
  - Early Supper  Final Session/2<sup>nd</sup> session
  - Bedtime snack/Full recovery

# Pre-competition Meals and Snacks:

**Goals:** Physical Comfort + Mental Alertness + Sufficient Energy=Optimal Performance

- ✓ Foods that are easy to digest
- ✓ Food that prevents hunger during the event
- ✓ Foods and fluids that are rich in CHO
  - ✓ Topping up your energy stores
- ✓ **Food from the vegetables and fruit + grain products food groups**
- ✓ Food that is low in fat
- ✓ A source of protein
- ✓ Include 500ml fluids (water or 100% fruit juice)
- ✓ Foods that are familiar to you!

# Competition Day Meal Options

## ► Breakfast– keep it simple!

- Greek yogurt + fruit + granola cereal
- Eggs + toast + fruit
- Cereal + milk + fruit
- Breakfast sandwich (bagel, egg, cheese) + fruit
- Hot cereal/instant oatmeal+ milk + fruit
- Fruit and yogurt smoothie
- Pancakes/waffles + fruit + milk or another source of protein

## **Avoid These Breakfast Options:**

- Breakfast meats (sausages, bacon, ham)
- Hashbrowns and deep fried potatoes
- Biscuits, croissants
- Donuts and pastries
- Cinnamon buns, store bought muffins

# Competition Day– Lunch or Supper

## ► Focus on the Basics– CHO + Protein + Fluids

- Wrap + deli meat + veggies + cheese + water
- Bagel + tuna salad + cheese + veggies + fruit
- Veggie based soup + meat + cheese sandwiches
- Pasta + tomato sauce + grilled chicken or beef
- Rice bowl + stir fried veggies + meat/meat alternative
- Baked potato + grilled red meat or chicken breast + veggies
- Rice + fish + side salad + water

## ► Options to Avoid

- Deep fried foods (fries, chicken fingers, etc.)
- Breaded meats and fish
- Heavy salad entrees
- Ice tea, high sugar drinks, etc.



# Good options from Subway and BPs

## Subway:

- ▶ Flatbread w/ ham + cheese + veggies
- ▶ 6 inch sub w/chicken breast + cheese + veggies
- ▶ English muffin sandwich w/ egg + cheese
- ▶ 6 inch sub w/ roast beef + veggies
- ▶ Flatbread + turkey breast + veggies + cheese

## Boston Pizza

- ▶ Baked salmon entrée + rice
- ▶ ½ portion–Cajun rice bowl
- ▶ ½ portion Teriyaki rice bowl
- ▶ Individual pizza– meat + cheese + veggies
- ▶ Chicken Quesadilla + salsa
- ▶ Smart Eats Options– Mediterranean veggie bowtie + grilled chicken
- ▶ ½ portion– spaghetti + meat sauce

# BPs Smoky Mountain Spaghetti and Meat balls = 1,760 calories!!

222g CHO, 63g fat, 81g protein





**BPs Baked Chipotle Bacon Penne =  
1,470 calories  
114g CHO, 57g Protein, 91g Fat**



# Optimal pre-event snacks: @ Venue

## Good Choices:

- ✓ Dry cereals + ¼ cup nuts
- ✓ Cereal bars + cheese string
- ✓ Toast + peanut butter
- ✓ Pretzels + glass milk
- ✓ Dried fruit bars + Yop
- ✓ Juice box + granola bar
- ✓ Yogurt + banana



## Foods to Avoid:

- Store bought muffins
- Pepperoni sticks
- Store bought cookies
- Chips
- Fries
- Chocolate bars
- Soft drinks
- Drinks with caffeine
- Pizza pops
- Energy drinks





# Make a plan for Recovery: snacks between event @ Venue

## Good Choices:

- Bagels + deli meats
- Melba toast + PB
- Fruit Newton bars + Yop
- Rice crackers + cheese
- Carrot sticks + cheese
- Cereal + milk
- 500ml chocolate milk
- Pretzels, plain popcorn
- Banana, oranges + yogurt
- Fruit cocktails + milk
- Low fat granola bars
- Stone wheat thin crackers + PB

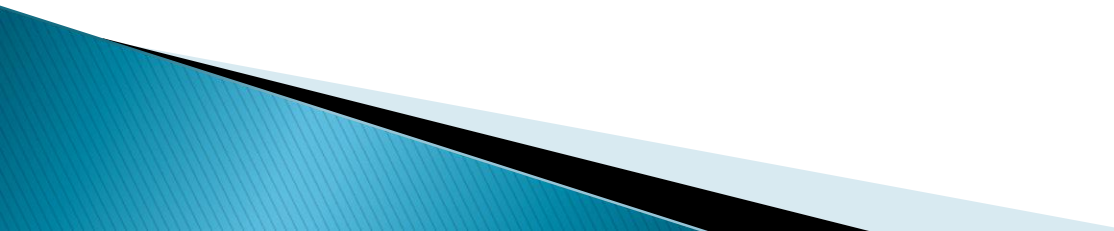


## Foods to Avoid:

- Chips
- Energy drinks
- Soft drinks
- Chocolate bars
- Store bought muffins
- High fibre foods
- French fries
- Hot dogs– high fat meats
- High fat crackers (look at the labels)
- Crispers

DATE	Monday, Dec 7 <sup>th</sup>	Tuesday, Dec 8 <sup>th</sup>	Wednesday, Dec 9 <sup>th</sup>	Thursday, Dec 10 <sup>th</sup>
<b>BREAKFAST</b>	<b>6:30am-</b> Fresh fruit Scrambled eggs Whole wheat toast with jams, peanut butter, Becel Assorted cold cereals	<b>8:00am-</b> Fresh Fruit Whole wheat toast Poached eggs Assorted bagels with jams, peanut butter, Becel Assorted cold cereals	<b>6:30am-</b> Fresh fruit Low fat muffins Whole wheat toast Poached eggs Low fat yogurts Assorted cold cereals	<b>9:00am-</b> Fresh fruit Whole wheat toast Assorted instant oatmeal Toasted English muffins with jams, peanut butter, Becel Poached eggs
	<b>Game @ 8:30am</b>		<b>Game @ 8:30am</b>	
<b>LUNCH</b>	<b>12:30pm-</b> Green salad Spaghetti with lean ground beef and tomato sauce Dinner rolls Fresh fruits	<b>Lighter meal at 11am-</b> Raw vegetables + low fat dip Chicken noodle soup Ham and cheese sandwiches on whole wheat pita breads Assorted yogurt	<b>12:30pm-</b> Tossed green salad Grilled chicken and stir fried vegetables on rice (minimal onions, no peppers) Fresh fruits	<b>Light meal at 11am</b> Turkey breast sandwiches on whole wheat bread with slices cheese on the side Fresh fruit Assorted yogurts
		<b>Game @ 1pm</b>		<b>Game @ 1pm</b>
<b>SUPPER</b>	<b>4pm- lighter meal</b> Wraps with chicken breast + minimal low fat cheese + spinach Vegetable based soup	<b>No Catering- out with family</b>	<b>5:00pm- lighter meal</b> Tossed green salad Fajita station- chicken, cheese, tomatoes, mushrooms, minimal onions, salsa NOTE- no green peppers	<b>5:00pm-</b> No Catered Meal
	<b>Game @ 6pm</b>		<b>Game @ 7:30pm</b>	

# Summary for Travel Nutrition:

- Maintaining energy balance is crucial for optimal sport performance
  - Make a **PLAN** for Travel Nutrition
  - Hydration– consistency is key
  - Try to maintain a high CHO intake in the week leading into the competition.
  - Try to maximize every opportunity to recover with proper food choices.
  - **ALWAYS** Have a supply of high CHO/Protein snack foods on hand.
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The BEST plan is....the plan  
to be the most adaptable!



# QUESTIONS?

Heather Hynes, MSc, RD  
Sport Medicine and Science Council of  
Saskatchewan  
heather.hynes@sasktel.net  
1-306-975-0849

