

Planning for Travel

Traveling is part of the life of an athlete. However, this may present challenges for meeting your nutrition goals and may result in suboptimal performance without proper preparation. It is best to plan ahead so that travel impacts your nutrition as little as possible. How much you need to prepare depends on a number of factors including where and how far you are traveling. Consider the following strategies to help develop a travel nutrition plan:

Before Leaving

- ▶ If flying, review the flight itinerary, flight time, and meals served on board
- ▶ Know your destination in terms of: training and competition environment (humidity, temperature, elevation), and cuisine (food availability - regional foods, supermarkets, and food safety concerns - water and food contamination)
- ▶ Pack a food bag to supplement destination food - prioritize nutrients less available. Pack 1-2 drink bottles (just make sure it is empty when going through security), sport foods and comfort foods/seasonings (e.g. peanut butter or hot sauce)



- ▶ Consume foods rich in probiotics at least 2 weeks before leaving to increase immunity (e.g. yogurt, kefir). See your Sport Dietitian about probiotic supplements.
- ▶ Bring eye mask, ear plugs, compression garments, hand sanitizer and plane snacks

During Travel

- ▶ Maintain optimal hydration by drinking small amounts of fluid regularly. Choose water or milk. Add electrolytes to help ensure optimal absorption of water (do not limit fluid intake to prevent using the restroom!). Don't be afraid to ask for extra water on the plane.
- ▶ Bring entertainment to prevent eating from boredom, walk around, and stretch.

At Destination

- ▶ Aim to eat as similarly to how you do at home as possible - bring snacks for between meals, eat on new time zone, choose sensibly at buffets

KEY POINTS:

- Planning and preparation is the key to success when traveling
- Jet lag and long flights can compromise performance. Stay on top of nutrition needs by keeping well-hydrated and eating properly

Travel and Training Meals and Snacks

Carbohydrate Sources

- ❑ Pre-cooked or instant rice, noodles, couscous, quinoa, or pre-cooked lentils
- ❑ Granola, muesli (higher fiber options)
- ❑ Shelf-stable bread, tortillas etc.
- ❑ Instant mashed potatoes
- ❑ Granola bars, sports bars, fig bars
- ❑ Snack crackers (graham, rice cakes, wheat) or pretzels
- ❑ Fruit snacks (dried, dehydrated, leathers)
- ❑ Instant soup mixes
- ❑ Instant breakfast or meal replacement powder
- ❑ Dried veggies (peas, beans)
- ❑ Fruit and veggie squeezable pouches or fruit cups in 100% juice
- ❑ Powdered sports drink, gels, gummies

Traveling Internationally

- Check flight arrival and departure times as well as layovers in order to plan when you will eat
- Order any special meals on flight (e.g. vegetarian, gluten-free) at least 48 hours ahead
- Check arrival country customs regulations for foods that can be transported into the country
- Familiarize yourself with food safety for the destination country
- Take nutritious snacks on board and don't be shy in asking for extra snacks and water
- Consider taking a probiotic 2 weeks prior to departure to support immune function - see your Sport Dietitian for recommendations

Protein Sources

- ❑ Tuna, salmon, chicken packets
- ❑ Tofu (shelf-stable)
- ❑ Mountain meals
- ❑ Jerky (turkey, beef, bison, lamb, salmon)
- ❑ Edamame, chickpea packets
- ❑ Peanut or almond butter or dry peanut butter
- ❑ Dried hummus mix
- ❑ Nuts and seeds
- ❑ Non-fat dry milk
- ❑ Recovery drink mix
- ❑ Protein powder (whey, soy) - NSF certified
- ❑ Protein bars

**Note: some foods require equipment to prepare (e.g. hot pot, electric kettle) or spices and seasonings*

Precautions When Traveling

When visiting high risk areas like Asia, South America, the Middle East, and Eastern Europe:

- *Drink bottled, boiled, or carbonated beverages*
- *Avoid ice cubes & juices diluted with tap water*
- *Use bottled water for brushing teeth & washing dishes - avoid using tap water*
- *Make sure food is fully cooked and served hot*
- *Ensure dairy products have been pasteurized & are served cold*
- *Avoid raw foods like sushi*
- *Do not eat or drink items from street vendors*
- *Avoid raw fruit and salad / veggies unless you can peel them*
- *Reduce your meat and chicken intake if in China or Mexico (potential clenbuterol contamination)*

Athlete Recommendations: