Sport Nutrition for the **Travelling Athlete**

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& dried fruit

potatoes

sauce

• UHT Milk

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· Peanut butter

· Jam & honey

Before You Leave • Find out: - Can I buy food from a grocery store? - Will I have a fridge? - Will I have a stove or microwave? - Will I have access to pots, pans & utensils, and if so, what?



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Choose Well at Rest Stops...

Instead of:

Slushies

Choose:

- Sandwiches
- Yogurt
- Dried fruit & nuts
- Pretzels
- Water or milk

pasta

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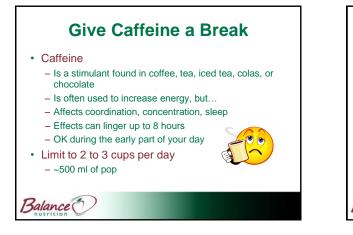
Rice, baked potato, or · Fries



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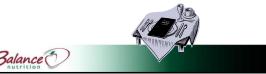






Restaurant Eating

- Takes time for a team to order
 Delays recovery
- Athletes can look at the menu ahead of time and pre-order
- · Have bread, salad, & water available



Tips for Eating in Restaurants

- · Choose grilled or steamed over fried
- Order a baked potato or rice instead of fries
- Ask for extra veggies
- · Ask for dressings & butter on the side

Buffet-Style Eating

- · Can be cheaper
- Athletes chooses serving sizes
 But it shouldn't be a "free-for-all"
- Faster than sit-down restaurant

 Important for timing of recovery meals or eating after an evening competition

Challenges in the Buffet Line

- · Large quantities of food
- Many choices

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- Different & unusual foods
- Social eating

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Tips for Buffet Eating

- See what's available before filling your plate
 or ordering
- · Eat the same portions as at home
- Don't look at what others are eating - They have their own nutrition plan
- Go to another area for socializing or when done eating

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- Stay in hotels that offer a continental breakfast
- · Ask for a room with a kitchenette
 - Even a microwave increases your options
 - Bring a cooler!
 - Share the cooking responsibilities

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Tips for Continental Breakfast Choose Skip

- · Cereal with low-fat milk
- Eggs & peanut butter
- Whole wheat toast
- Yogurt
- Fruit
- Milk
- Water

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More Tips for Hotels

- · Use the kettle to heat water
- Bring a steamer or slow cooker
- · http://www.thekitchn.com/our-readersbest-tips-for-cooking-real-meals-in-a-hotelroom-190998



Travel & Competition

- · Can the athlete pack meals & snacks for:
 - The whole day?
 - Half the day?
 - May be best to have lunch for recovery at the competition venue rather than waiting to return to the hotel

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Food Storage

- · Keep cold foods cold & hot foods hot
 - Refrigerate perishable foods within 1-2 hours of leaving the store
- Separate raw meat & poultry from other foods
- Freeze
 - Poultry and ground meat that won't be used within 2 days or other meat within 4-5 days

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Keep Things Clean

- Wash:
 - Your hands
 - Working surfaces



- Fresh food that will not be cooked
- Use different plates, utensils, or cutting boards for:
 - Raw meat & poultry
 - Cooked or fresh food

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General Food Safety Tips

- · Eat cooked food (or take-out) immediately
- Food should be steaming hot or refrigerated
- Be wary of pre-made salads & rare or uncooked meats



Questions?

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