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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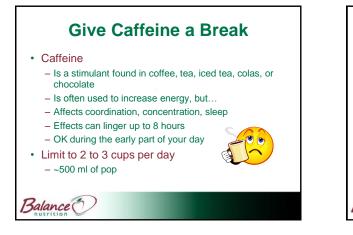
Rice, baked potato, or · Fries



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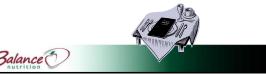






## **Restaurant Eating**

- 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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