



SPORTS NUTRITION

TRAVEL NUTRITION

Nutritional Requirements for Training & Competition

Pack for Performance

Traveling internationally poses serious challenges for athletes. When it comes to food preparation, follow these tips to fuel your body for competition.

Get organized and plan ahead

- Pack a travel nutrition kit to bring with you
- Book special meals on plane if needed (24-48 hrs prior to departure with airline)
- Investigate the availability of foods at destination
- Identify good meal options at your destination
- Plan ahead for eating out
- Carry a water bottle at all times
- Adopt a meal pattern on travel days
- Shop at large shopping center for necessary essentials
- Be aware food and water safety

What You Will Need:

Pack 1 nutrition travel kit per room for international travels, containing the following:

- Non-perishable food
- Electric hot pot or electric burner
- Food and refrigerator thermometer
- International plug adapter
- Measuring cups, spoons
- Tupperware w/ lid (microwave safe)
- Eating utensils
- Antibacterial wipes
- Antibacterial dish soap
- Cleansing brush
- Hand sanitizer



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Carbohydrates

- ☐ Instant rice, noodles, couscous, quinoa, lentils
- ☐ Shelf-stable bread
- ☐ Instant mashed potatoes
- ☐ Instant oatmeal, cream of wheat
- ☐ Cold cereals such as muesli and granola
- ☐ Granola/protein bars
- ☐ Snack crackers
- ☐ Fruit snacks (dried, dehydrated, canned)
- ☐ Powdered sports drink
- ☐ Instant soup mixes
- ☐ Instant breakfast or meal replacement powder

Protein (Shelf Stable)

- ☐ Non-fat dry milk
- ☐ Packed tuna, salmon, or chicken
- ☐ Peanut or almond butter
- ☐ Tofu
- ☐ Dried hummus mix
- ☐ Jerky (turkey, beef, buffalo)
- ☐ Nuts and seeds (raw, unsalted)
- ☐ Recovery drink mix
- ☐ Protein powder

Other

- ☐ Spice blends
- ☐ Salt and pepper
- ☐ Boullion Cubes
- ☐ Olive oil (plastic jar)
- ☐ Honey
- ☐ Coffee/tea bags

Hot Pot Recipes

Super Oatmeal

Combine one scoop of instant soy milk (or non-fat milk powder) with oatmeal package and cook in hot pot according to package directions. Add one tablespoon of peanut butter. Meal for 1 in 1 minute!

Santa Fe Chicken

Cook southwest ready rice in hot pot according to package directions, add 1 pouch chicken breast. (Serves 2 in less than 2 minutes)

Cranberry Couscous

Cook garlic herb couscous in hot pot according to package directions, add in 1 pouch of chicken breast and 1/3 cup of dried cranberries. (Serves 2 in about 5 minutes)



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Precautions when Traveling (*Extremely important when traveling to high risk areas like Asia, South America, the Middle East, and Eastern Europe)

- Drink bottled, boiled or carbonated beverages
- Avoid ice cubes or anything made with tap water
- Avoid brushing teeth with tap water
- Avoid washing dishes with tap water
- Make sure food is fully cooked and served hot
- Avoid dairy products unless you know they have been pasteurized
- Don't eat from street vendors
- Avoid raw foods like sushi

Food Handling

- Persons handling food should wash hands with bottled water and soap or use hand sanitizer before and after handling food.
- Hair should be tied back and out of face while preparing meals.
- Clean clothes should be worn while cooking to prevent contamination.
- If ill, persons should not handle the food
- Be careful about cross-contamination of food

Food Storage

- Perishable foods need to be refrigerated
- Buy and eat fresh food immediately if you don't have proper storage
- Discard perishables left at room temperature for longer than 2 hrs
- Discard leftovers if not consumed within 1-2 days
- Make sure refrigerator temperature is 40 F degrees or below
- Store cooked foods above uncooked foods
- Do not use foods past expiration dates