

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

EATING ON THE ROAD AS A BUSY ATHLETE



NUTRIENT GOALS

- **Carbs** Consume adequate carbohydrates for fuel and to replenish muscle energy stores
- **Proteins** Eat moderate amounts of protein to speed recovery and repair muscles
- **Fats** Consume a moderate amount of fats to help meet energy needs and replace muscle energy stores, while avoiding feeling sluggish before events
- **Fluids** Maintain hydration and replace fluids lost from exercise and travel

DINING OUT FUEL

Stick to familiar foods and practice with them before competitions.

- **Asian** Clear soup + steamed dumplings; grilled protein + veggies
- **Delis** Whole grain bread, protein & veggies + baked chips
- **Fast food** English muffin sandwiches + coffee with milk; grilled chicken sandwich + fruit or chili
- **Italian** Thin crust pizza with veggies, pineapple, and meat
- **Mexican** Soft shell tacos or fajitas with grilled protein + beans, salsa, & avocado
- **Breakfast Diner** Veggie omelets; small stack + fruit

PRE-PACK SNACKS

Cooler Favorites

- Turkey or nut butter sandwiches
- Fresh fruit & veggies such as apples, oranges, or carrots
- Greek yogurt, cottage cheese, string cheese, or hard boiled eggs

Non-perishables

- Trail mix with dried fruit, nuts, and seeds
- Dry cereals/granola or sports bars
- Fruit or veggie squeezable pouches or fruit cups
- Pretzels or rice cakes with nut butter

Hotel-friendly & microwaveable

- Soup-cups or ready-to-eat meal pouches such as lentils or pasta
- Oatmeal + nuts or raisins
- String cheese, yogurt

TAKEAWAY TIPS

1. Choose eateries that allow you to tailor your meals and look for cooking methods such as grilled, broiled, roasted, blackened, stir-fried, or poached.
2. Substitute sides high in fat with foods such as broth soups, fruit, salads, or veggies.
3. Plan ahead and pre-pack snacks. Be sure to always practice with potential travel foods before game day!

ADAPTED FROM A SCAN RESOURCE