

# NUTRITION FOR TRAVEL

A photograph showing a brown leather bag on the left, a red apple, a green apple, and a yellow lemon on the right, all resting on a dark surface. A white rectangular box with a thin blue border is overlaid on the bottom part of the image, containing the text 'Isabel and Leah'.

**Isabel and Leah**

# INTRODUCTION

High performance athletes often travel every month of the year. As being away from home alters your eating patterns, travelling can make proper nutrition much harder to maintain.

To keep healthy while travelling you must:

- **Plan ahead**
- **Organize catering ahead of time**
- **Stay with high quality foods**



# PLAN AHEAD

Some important things to find out before you travel are:

- How/where will you be eating on the way?
- What is the food like there?
- Will the food you need or are used to be there?
- Where will you be eating? (restaurants, self-catering, hotel catering, athlete dining halls, etc)

Usually you can get this information through the competition organizers, although sometimes you may need to do the research yourself.

# ORGANIZE CATERING AHEAD OF TIME

- Plan when and where you will be eating.
- If possible, discuss the planned menus with the airlines, restaurants, caterers, or host families.
- If you are making your own food, bring your own utensils, hot plate (for cooking food), can opener, and power cord adapter.



# HIGH QUALITY FOODS

- Plan to eat according to your nutritional training program.
- Include lots of whole grains, lean proteins, nuts or seeds and their butters and oils, and lots of vegetables and fruit.
- Including many food groups may be hard when travelling, so remember to look up what food the place has to offer, and what you should and shouldn't eat there.
- If you are unsure which foods to eat and which foods not to eat, talk to your dietician or nutritionist beforehand.

# HIGH QUALITY FOODS (CONT.)

- Bringing your own supply of snacks/small meals may be useful.
- Some nutritional foods that are easy to transport are:
  - Sports bars
  - Vegetable/fruit bars
  - Trail mixes
  - Cheese sticks
  - Peanut butter
  - Powdered meal replacements
  - Powdered sports drinks
  - Canned fish and beans
- Since bringing all this food may be slightly uncomfortable, you could consider dividing it up with your teammates, or sending it ahead.
- Focus on identifying foods from that country that meet your protein, carbohydrate, and fat need.

# AFTER YOUR TRIP

- Review all the problems and successes.
- Use this review to help improve your future travelling experiences
- Being prepared will really help you with your nutrition while you are travelling!



# QUESTION 1

Hot plates are used for:

- a. making sure hot food pans don't burn the table
- b. protecting your hands while taking food out of the oven
- c. cooking food**
- d. making your plate hot

## QUESTION 2

While travelling, make sure to:

- a. bring your own snacks and light meals
- b. research how, where and when you will be eating
- c. all of the above**
- d. only bring your own drinks

# QUESTION 3

While planning your meals, you should

- a. research the country's food
- b. look up where you will be eating
- c. talk with the caterers and host families
- d. all of the above**

# QUESTION 4

After your trip you should:

- a. **review all the successes and failures**
- b. make a detailed chart of exactly what and where you ate
- c. switch from your travelling meal plan back to your at home meal plan
- d. go see your nutritionist

# QUESTION 5

If you are unsure on what food to eat and what not to eat you should:

- a. ask your parents or friends
- b. talk to your nutritionist beforehand**
- c. see your family doctor
- d. stop eating

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