

Sport Nutrition for the Travelling Athlete

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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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Prepare

- Invest in equipment
 - Cooler
 - Ice packs
 - Steamer
 - Kettle
 - Can opener
 - Dehydrator
 - Slow cooker


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Make A List

- What will you need?
 - Portable foods
 - Pots & pans, utensils
 - Cooler or fridge for storage
 - Baggies or plastic containers
 - Food
 - Start with a menu
 - Then make a grocery list
 - Restaurant menus


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Portable Foods

- Instant oatmeal with nuts & dried fruit
- Instant noodles or potatoes
- Packaged noodles & sauce
- "Backpacking food"
- Dehydrate your own food
- UHT Milk
- Peanut butter
- Jam & honey
- Dried fruit or fruit bars
- Granola or cereal bars
- Crackers
- Pretzels
- Rice cakes
- Cereal – can eat it dry
- Sports bars
- Sports drink powder
- Meal replacement powder or drinks
- Powdered milk


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Eating for Competition
GETTING THERE


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Travel Time

- **Drink fluids**
 - Aim for ½ to 1 cup per hour
 - Avoid excessive caffeine
- **Bring your own snacks**
 - Pretzels, buns, granola bars, crackers, juice boxes, sandwich
- **Don't eat out of boredom**
 - Bring books, cards, music, games



Choose Well at Rest Stops...

Choose:

- Sandwiches
- Yogurt
- Dried fruit & nuts
- Pretzels
- Water or milk
- Rice, baked potato, or pasta

Instead of:

- Deep fried foods
- Ice cream
- Chocolate
- Potato chips
- Slushies
- Fries



Eating for Competition

ADJUSTING TIME ZONES



How Food Can Help...

- **Protein can help you stay alert**
 - Consume when you need to stay awake
- **Have a high-carb, low-protein snack before bed or during travel**
 - Produces serotonin which can make you feel sleepy



Give Caffeine a Break

- **Caffeine**
 - Is a stimulant found in coffee, tea, iced tea, colas, or chocolate
 - Is often used to increase energy, but...
 - Affects coordination, concentration, sleep
 - Effects can linger up to 8 hours
 - OK during the early part of your day
- **Limit to 2 to 3 cups per day**
 - ~500 ml of pop



Eating for Competition

AT YOUR DESTINATION



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
- Different & unusual foods
- Social eating



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



Tips for Hotels

- 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



Tips for Continental Breakfast

Choose

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

Skip

- Pastries
- Croissants
- Sausages
- Bacon



More Tips for Hotels

- Use the kettle to heat water
- Bring a steamer or slow cooker
- <http://www.thekitchn.com/our-readers-best-tips-for-cooking-real-meals-in-a-hotel-room-190998>



Travel & Competition

- What scenarios or schedules do you face?



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



Eating for Competition
BE FOOD SAFE



What's the Big Deal?

- Harmful foodborne bacteria is a leading cause of illness
- How well will you perform if you are sick?



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



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



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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