**TIPS FOR EATING ON THE ROAD**

**Breakfast Tips**

* Try pancakes, waffles, french toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates.
* Avoid high-fat choices such as bacon, sausage or biscuits and gravy.
* For breakfast on the run, pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges.
* If you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes. Avoid breakfast sandwiches, sausage and bacon.

**Lunch and Dinner Tips**

* Select pastas, breads and salads
* Select thick crust rather than thin crust pizza for more carbohydrates.
* Choose vegetables such as mushrooms and green peppers on the pizza. Avoid high fat toppings such as pepperoni and sausage.
* Select vegetable soups accompanied by crackers, bread, or muffins.
* Emphasize the bread in sandwiches, not the condiments, mayonnaise or potato chips.
* Avoid deep fat fried foods such as french fries, fried fish and fried chicken.
* Choose low-fat milk or fruit juices rather than soda pop.

**Prelim/Final Meets**

* Bring breakfast food to eat in your room to save time and avoid eating unwanted greasy meats.
* Eat your main meal of the day for lunch (probably at a restaurant)
* Have a light dinner ready and waiting for you as soon as the competition is over. You can wind down in your room and eat at the same time. Waiting for dinner in a restaurant (especially on weekends) after finals can waste an hour or more. After lunch, purchase a healthy sandwich or salad, to keep in the room’s refrigerator for that evening’s dinner.