



# 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