

The single most important step in eating well when traveling is to take control of your food choices. Follow these simple suggestions, and you'll soon be on your way to improved nutrition and increased energy.

## AT THE AIRPORT

### When choosing food at the airport:

1. Look for a sandwich shop and bring something onto the plane. Keep your snacks and water accessible.
2. Choose a plain garden salad (no cheese or croutons). Add your own packet of tuna or salmon. Ask for red wine vinegar or olive oil. You can also add pre-portioned nuts for healthy fat.
3. Use airport kiosks to your advantage. Many places serve plain garden salads, non-fat Greek yogurt, whole fruit, plain oatmeal, and plain sliced vegetables.
4. Many kiosks and airport restaurants have hard-boiled eggs, grilled chicken, whole wheat sandwiches, and pita wraps.

Nutrition Note: Keep a journal to write down any food or fluid you're consuming that isn't part of your meal plan.

### Breakfast Choices

Eggs, oatmeal, whole grain cereal, yogurt, whole wheat toast, peanut butter

### Lunch and Dinner Choices

Lean meat, whole grain bread, whole wheat pasta, regular pasta, brown rice or white rice (although brown rice is best)

### Snacks

Meal replacement bars, shakes, sandwiches, fruit, nuts, beef jerky

## OTHER TIPS FOR TRAVELING

1. **Don't skip meals.**  
Eat every three hours.
2. **Bring bars and shakes.**  
These are great for snacks and pre- and post-workout nutrition.
3. **Make sure there is a lean protein choice with each meal.**  
Grilled chicken, filet of beef, grilled fish, or grilled pork are great. Other options include turkey, ham, and roast beef sandwiches. Avoid anything fried.
4. **Add your grains, wholesome carbohydrates, fruits, and vegetables.**  
Include a baked potato, rice, pasta, whole wheat bread, fresh fruits, and vegetables at every meal.
5. **Stay hydrated!**  
Drink 1/2 – 1 ounce of water per pound of body weight per day. This is especially important for air travel. Aim to drink about 8 ounces of fluid every hour on the plane.

## YOUR TRAVEL CHECKLIST

### DON'T TRAVEL WITHOUT IT

- o Kashi cereal / granola bars / EAS bars
- o Sandwiches (pita, tortillas, bread)
- o Whole grain crackers (Triscuits, 100% Whole Grain Wheat Thins, RyKrisp® Crackers)
- o Pack Bob's Red Mill® instant oatmeal. Be sure to place 1/4 cup pre-portioned dry oats in Ziploc® bag. All you need is hot water, whether on the plane or at the airport.

### LESS LEGS THE BETTER – LEAN PROTEINS

- o Whey protein powder
- o Have a shaker bottle with 1 to 1 1/2 scoops whey protein already in it. All you need to do is add water.
- o Packets of low-sodium albacore tuna in water
- o Packets of salmon
- o Other options you can prepare in advance include hard-boiled eggs, baked chicken, turkey or tuna (place in Tupperware or Ziploc® bag).
- o Beef or turkey jerky

### HEALTHY FATS THAT GIVE BACK

- o Pre-portioned almonds (11 almonds)
- o Pre-portioned walnuts (7 halves)
- o Natural peanut butter
- o Low-fat string cheese

### COLOR YOUR PLATE – FRUITS AND VEGETABLES

- o Whole apples, oranges, bananas, and/or pears
- o Ziploc® bag or small Tupperware container with fruits and vegetables
- o Red, yellow, or orange bell pepper slices
- o Cucumber slices
- o Baby carrots
- o Grape tomatoes
- o Leafy greens
- o Dried fruit (e.g. cherries, raisins, cranberries, apricots)

### STAY HYDRATED

- o Water bottle to fill up after going through security.
- o Green tea bags

Jet lag often causes sleep deprivation and circadian rhythm (body clock) disruption. These may lead to adverse consequences that can affect athletic ability. It's important to understand what to do to prevent jet lag or minimize the effects of it.

## TIPS FOR EATING AND COOKING ON THE ROAD

- + Purchase a high-quality, insulated lunch box.
- + Pack a cooler with ice from the hotel.
- + If a cooler is unavailable, fill the hotel sink with ice for a makeshift cooler.
- + Use a coffee pot to boil water for oatmeal and soup.
- + If possible, request a hotel room with a microwave and mini refrigerator.

## SNACKS FOR A COOLER IN THE CAR

- + Low-fat cheese sticks
- + Hard-boiled egg whites
- + Yogurt tubes (e.g. Chobani Greek, siggi's™ Icelandic)
- + Fat-free or low-fat cow, soy, or almond milk
- + Sliced fresh vegetables
- + Pre-portioned hummus containers
- + Whole fruit (e.g. apples, oranges, bananas)

## NON-PERISHABLE FOODS FOR THE ROAD

- + Whole grain crackers
- + Low-fat granola or Kashi cereal
- + Pre-portioned snack bags of nuts, dried fruit, seeds, pretzels, or trail mix
- + Pre-portioned nut butter containers
- + Beef or turkey jerky
- + Vacuum-packed packages of tuna, salmon, and chicken
- + Energy bars (ex. PROBAR®)
- + Peanut butter and jelly or honey sandwiches
- + Bagels
- + Protein powder
- + Sweet potato or beet chips

## YOUR TRAVELING SLEEP REGIMEN



Get a comfortable neck pillow or regular pillow that can easily fit in a backpack or duffle bag.



Use an eye cover to block out light.



Get noise-reducing headphones or ear plugs.



Try a relaxing activity to wind down before bed such as reading, going for a walk, breathing or relaxation techniques, or turning off electronics.