



SPORT NUTRITION

HEALTHY EATING WHILE TRAVELLING

Eating healthy while travelling to tournaments can be very challenging. Being away from your daily routine can affect your performance. It is important to plan ahead so you can be prepared with food that you like and are familiar with. **Don't try anything new while travelling or before a competition.** New foods carry the risk of settling poorly; causing intestinal discomfort, acid stomach, heartburn or cramps. Bring your own snacks if possible. If you experience travel problems such as delayed flights or traffic jams, you will have what you need with you. You may not have time to find a store. Many hotels offer a free breakfast. Free meals are often un-healthy. Since breakfast is the most important meal of the day, I would suggest finding a restaurant or store where you can find foods you normally eat at home;



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When playing multiple games in one day you must be prepared with foods that will nourish and sustain your body. If you don't have time to go to a restaurant, make sure you have healthy meals available so you don't have to buy fast food. You could fix or buy whole grain sandwiches or wraps; tuna, turkey, or peanut butter would be good choices. After competition have healthy snacks available, such as 100% juice, fruit slices, trail mix, whole grain muffins or bagels, nuts and seeds, yogurt, etc. Drink as much water as you can. Remember, by the time you feel thirsty you are already dehydrated. **Avoid soda pop and especially diet soda.** Also avoid fast food, fried food, white flour products and hydrogenated fats (most commercial crackers and cookies).

