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## EATING ON-THE-GO STRATEGIES

Most athletes are on-the-go regularly between school, practices, games, and other extracurricular activities. If athletes eat highly processed and fried foods as their main source of fuel, they are less likely to have the energy needed for training and competitions. While eating out is inevitable, athletes should aim to make healthy swaps where they can to better fuel their bodies.

### Consider the following when traveling to games, competitions, and tournaments:

- Do you have time to grocery shop and purchase snacks?
- Do you have an ice chest and access to ice to keep cold foods cold?
- Do you have a mini fridge or microwave in your hotel room?
- Does your hotel have a continental breakfast or restaurant?
- Pack hand sanitizer wipes.
- Pack bottles of water and sports drinks.
- Pack snacks in case you don't have time to go to the grocery store upon arrival, before having to practice or play.
- Pack plasticware, paper plates/bowls, and paper towels in case you do not have access to them.



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### Fueling with Hotel Breakfasts

- Choose a carbohydrate
  - » Oatmeal, whole grain cereal, or granola
  - » Whole grain bread, bagels, or English muffins
  - » Pancakes or waffles, whole grain if available
- Choose a protein
  - » Scrambled or hard-boiled eggs, omelet with protein and cheese, or protein on a breakfast sandwich/wrap
  - » Dairy foods like cheese or yogurt
  - » Peanut butter, nuts, or seeds
- Choose a fruit
  - » Whole fruit
  - » Fruit mixed in smoothies, yogurt parfaits, or as toppings on cereal/oatmeal/waffles
- Choose a nutrient-rich beverage
  - » Water
  - » Milk (white or chocolate)
  - » 100% juice



### Non-perishable Snacks to Pack

- Carbohydrates:
  - » Granola bars and granola
  - » Whole grain pretzels and crackers
  - » Whole grain bagels and breads
- Protein:
  - » Beef jerky
  - » Energy/protein bars
  - » Peanut butter
  - » Nuts and trail mix
- Fluid:
  - » Bottles of water
  - » Bottles of sports drinks

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### Eating On-the-Go Tips for Leaning Out

- Look for whole grain bread and wrap options instead of biscuits, croissants, and pastries.
- Choose grilled meats instead of fried.
- Limit the use of creamy spreads and sauces.
- Add veggies to sandwiches, wraps, and burgers to boost the fiber content in the meal.
- Choose fruit, yogurt parfaits, salads, and whole grain crackers/pita chips as side items instead of French fries, tater tots, onion rings, or chips.
- Choose water, lightly flavored waters, or milk instead of soda or other sugar-sweetened beverages.
- Eat until you are satisfied versus until you are full.
- Bring nutrient-rich snacks to eat in-between meals to help you manage hunger at mealtime.



### Eating On-the-Go Tips for Gaining Weight

- Choose thick breads like hoagie-style buns and bagels for additional carbohydrate calories.
- Get double meat and double cheese on sandwiches, wraps, and burgers.
- Add avocado to sandwiches, wraps, and burgers if possible.
- Choose milk, chocolate milk, or smoothies as a beverage for added calories and protein.
- If choosing items that are higher in fat, surround them with “better friends” like fruit, yogurt parfaits, salads, and milk.