**CHECKLIST FOR THE TRAVELLING ATHLETE AND COACH**

Who is the “Team Nutrition Manager”? (parent, manager, coach, volunteer)

Research and list suitable restaurants near the practice or competition site.

1. _________________________ 2. _____________________________
3. _________________________ 4. _____________________________

Is there a grocery store near the athletic event to stock up on food supplies?

Is the portable “Team Nutrition Kit” stocked with the essentials?

- Thermos
- Bowls
- Can opener
- Napkins/paper towels
- Water bottles

- Kettle/coffee urn
- Cutlery
- Sharp knife
- Plastic bags
- Large water cooler/dispenser

In addition, try these high energy, low fat ideas

**High Carbohydrate Foods**

- Whole grain buns
- Raisin bread
- Home made muffins
- Rice cakes
- Instant hot cereals
- Popcorn/pretzels

- Bagels
- Date nut bread
- Pita bread
- Low fat crackers
- Cereal packs
- Pasta salads*

**Bread Spreads that Travel**

- Canned tuna/salmon (water packed) and lemon juice*
- Low fat cheese*
- Jam/jelly
- Peanut butter

**Beverages**

- Lower-fat milk*
- Juice packs
- Instant breakfast

- Hot chocolate
- Blenderized beverages*

**Sensible Snacks**

- Lower-fat yogurt*
- Milk pudding
- Fresh and canned fruit
- Hard boiled eggs*
- Nuts and seeds

- Vegetable sticks
- Sandwiches*
- Dried fruit (raisins, apricots)
- Energy bars
- Plain cookies/biscuit (arrowroot, digestive, graham wafers, fig Newton’s, etc.)

* Items to be kept in cooler

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**SAMPLE MEALS ON THE ROAD**

**TARGETS:**

- HIGH CARBOHYDRATE (CHO) – 60-70%
- FAT – 15-25%

<table>
<thead>
<tr>
<th>RECOMMENDED</th>
<th>NOT RECOMMENDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 English Muffins, poached egg jam, 15 mL 2% Milk, 250 mL Apple Juice, 250 mL 70% CHO 16% FAT</td>
<td>English Muffin, egg, cheese &amp; ham Hash Browns 2% Milk, 250 mL Apple Juice, 250 mL 49% CHO 35% FAT</td>
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<tr>
<td>Cheese &amp; Vegetable Pizza (1/2 X 10&quot; Pizza) 2 Large Rolls, plain Tossed Salad, no dressing Fruit Juice, 250 mL</td>
<td>Double Cheese/Pepperoni Pizza (1/2 of 10&quot; Pizza) 1 Large Roll &amp; Butter Tossed Salad &amp; 30 mL dressing Coke, 250 mL 42% CHO 42% FAT</td>
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<tr>
<td>250 mL = 1 cup = 8 fluid ounces</td>
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<tr>
<td>Regular Hamburger with lettuce and tomato Strawberry Shake Orange Juice, 375 mL Apple, Banana 62% CHO 25% FAT</td>
<td>Deluxe Double Burger French Fries Strawberry Shake 43% CHO 43% FAT</td>
</tr>
<tr>
<td>Baked Potato, plain Chili, 250 mL Chocolate Shake Fresh Orange 63% CHO 17% FAT</td>
<td>Fishburger French Fries Homo Milk, 250 mL Cherry Pie 38% CHO 51% FAT</td>
</tr>
</tbody>
</table>

**MORE TRAVELLING TIPS**

- Pack a nutrition kit for the road – full of fresh and dried fruit, vegetable sticks, juice, plain cookies, yogurt, buns and bagels.
- Supplement fast food meals with fruits and vegetables.
- Plan ahead – if unfamiliar with the area of the competition, inquire about nearby restaurants.
- Order hamburgers but hold the cheese, bacon, and extra sauce; add tomato, lettuce, mustard, ketchup, and relish instead.
- Remove the skin from fried chicken.
- Avoid deep fried foods (including French fries and onion rings), cream sauces, and gravy.
- Replace butter or sauce calories with another slice of bread, second potato or soup and crackers.
- Choose pizza with fruit and vegetable toppings – pineapple, mushrooms, green pepper. Thick crust pizza adds even more carbohydrate.

* Assistance from the B.C. High Performance Sport Science Unit is gratefully acknowledged.