EATING ON THE ROAD FOR WRESTLERS

Although maintaining good nutrition during travel is challenging, it can be accomplished. Below are some tips to help you choose your meals wisely when away from home.

Eating at Fast Food Chains

- 1. Select grilled, charbroiled, or roasted sandwiches, but make sure to remove the skin.
- 2. Order lettuce, tomato, onion, mustard, ketchup, relish, or salsa on your sandwich and hold the mayo, oils, and cheese.
- 3. Avoid ordering the meal combo it's usually more than you need!
- 4. Go for the grilled chicken salads, but ask for low-fat dressing such as vinaigrette on the side.
- 5. Order a regular hamburger instead of a jumbo or multiple stacked burgers.
- 6. Skip the sugary sodas, and instead go for skim/low-fat milk, water, or 100% fruit juice.
- 7. Choose the small yogurt parfait instead of the milkshake or ice cream sundae.
- 8. Special order your meals! Most establishments will make your meals made to order!
- 9. Order the 6 inch sub and skip the oil and mayo and double up on the meat and add extra veggies!
- 10. Select a baked potato instead of French fries and dress it up with salsa, veggies, low-fat butter substitute or low-fat sour cream!
- 11. Avoid any items that are breaded, fried, have a "secret sauce", or have multiple layers. These usually have an outrageous amount of fat, cholesterol, and sodium!
- 12. Know what you are eating- look at the online nutritional information for each fast food restaurant.

Eating at Restaurants

- 1. Do your research ahead of time. Many restaurants have their menus online; therefore, you can plan ahead as to what you would like to order.
- 2. Choose broiled, grilled, baked, steamed, stir-fried, or poached **instead of** au gratin, scalloped, fried, or creamed.
- 3. The secret's in the sauce! Stick with tomato sauce, red clam sauce, or Bolognese instead of the higher fat sauces such as Carbonara, Alfredo, creamy tomato sauce, or pesto.
- 4. Speak up! Restaurants are more likely to create whatever dish you'd like, so don't be afraid to get specific with your order.
- 5. Portion control is often the biggest struggle with eating out, so take half of your order and put it in a "to go" box or share an entrée.
- 6. Stick with water based soups instead of cream based soups.
- 7. Request salad dressings or sauces are put on the side so that you can control how much you eat.
- 8. Choose regular bread, buns, or English muffins instead of biscuits, cornbread, or croissants.

^{*}When possible, try to eat at the same times you normally would when at home. In addition, NEVER try any new foods in the days before or on match day.

^{**}If flying, make sure to drink plenty of fluids, as the low humidity in the cabin can be dehydrating. Pack your own carry-on snacks to safeguard against missing a meal.

Meal Ideas (select high carbohydrate foods, moderate in protein, and low in fat and fiber precompetition):

Healthy Breakfast Items

French toast Oatmeal

Waffles (add fruit or jam) Toast/English muffin with jelly/jam/honey

Pancake with syrup, light on butterFresh fruit or dried fruit

Bagel with cream cheese Fruit flavored yogurt, Greek yogurt, drinkable yogurt

Scrambled eggs Granola

Cereal with low-fat or skim milk

Healthy Lunch/Dinner Items:

Deli meat sandwiches (light on mayo, cheese)

Turkey/chicken wraps

Soups (noodle, vegetable) with dinner roll, crackers

Chicken and rice bowl

Baked potato (rather than fries) or rice

Pasta with marinara sauce and chicken breast

Tacos with shredded chicken, lettuce, tomato, salsa and rice

Add dinner rolls, crackers, or breadsticks to any meal for added carbohydrate

*Avoid: High fat foods- pizza, burgers, nachos, fried meats, cream soups/sauces/gravies, mayonnaise, heavy salad dressings, and the following vegetables: broccoli, cauliflower, cabbage, Brussel sprouts, onion, garlic, and red/yellow peppers

Healthy Beverages - pair with all meals!

Water

Pints of 1% milk or flavored milk

Sports drinks

100% fruit juices

Lemonade

Hot chocolate

Healthy Convenience Store Items

Beverages- water, milk, chocolate milk, fruit juice, sports drinks, hot chocolate, lemonade

Graham crackers, low-fat crackers, animal crackers

Small packets of low-fat trail mix

Granola bars (ie. Nature Valley, Nutri-Grain)

Sports bars (ie. Clif bars, PowerBars)

Pretzels or low-fat baked chips, pita chips

Dried fruit, fresh fruit, or fruit snacks/fruit leather or fruit cups

Turkey sandwich/ Peanut butter and jelly sandwich

Cup of soup

Oatmeal cookie

Yogurt cup/Pudding cup

Dry cereal/oatmeal

Created by Kim Tirapelle, MS, RD, CSSD kimtirapelle@gmail.com

^{*}Avoid: Hashbrowns, bacon/sausage, butter, cream sauces, whole fat dairy products