

# 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

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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

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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.

