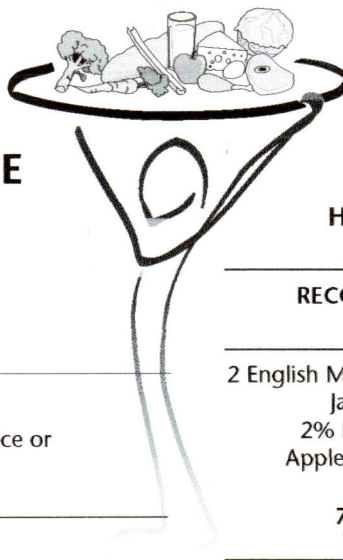


CHECKLIST FOR THE TRAVELLING ATHLETE AND COACH



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?

- | | |
|---|---|
| <input type="checkbox"/> Thermos | <input type="checkbox"/> Kettle/coffee urn |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Cutlery |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Sharp knife |
| <input type="checkbox"/> Napkins/paper towels | <input type="checkbox"/> Plastic bags |
| <input type="checkbox"/> Water bottles | <input type="checkbox"/> Large water cooler/dispenser |

In addition, try these high energy, low fat ideas

High Carbohydrate Foods

- | | |
|--|---|
| <input type="checkbox"/> Whole grain buns | <input type="checkbox"/> Bagels |
| <input type="checkbox"/> Raisin bread | <input type="checkbox"/> Date nut bread |
| <input type="checkbox"/> Home made muffins | <input type="checkbox"/> Pita bread |
| <input type="checkbox"/> Rice cakes | <input type="checkbox"/> Low fat crackers |
| <input type="checkbox"/> Instant hot cereals | <input type="checkbox"/> Cereal packs |
| <input type="checkbox"/> Popcorn/pretzels | <input type="checkbox"/> Pasta salads* |

Bread Spreads that Travel

- | | |
|---|--|
| <input type="checkbox"/> Canned tuna/salmon (water packed) and lemon juice* | <input type="checkbox"/> Jam/jelly |
| <input type="checkbox"/> Low fat cheese* | <input type="checkbox"/> Peanut butter |

Beverages

- | | |
|--|---|
| <input type="checkbox"/> Lower-fat milk* | <input type="checkbox"/> Hot chocolate |
| <input type="checkbox"/> Juice packs | <input type="checkbox"/> Blenderized beverages* |
| <input type="checkbox"/> Instant breakfast | |

Sensible Snacks

- | | |
|---|---|
| <input type="checkbox"/> Lower-fat yogurt* | <input type="checkbox"/> Vegetable sticks |
| <input type="checkbox"/> Milk pudding | <input type="checkbox"/> Sandwiches* |
| <input type="checkbox"/> Fresh and canned fruit | <input type="checkbox"/> Dried fruit (raisins, apricots) |
| <input type="checkbox"/> Hard boiled eggs* | <input type="checkbox"/> Energy bars |
| <input type="checkbox"/> Nuts and seeds | <input type="checkbox"/> Plain cookies/biscuit (arrow-root, digestive, graham wafers, fig Newton's, etc.) |

* Items to be kept in cooler

SAMPLE MEALS ON THE ROAD

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

RECOMMENDED	NOT RECOMMENDED
250 mL = 1 cup = 8 fluid ounces	
2 English Muffins, poached egg Jam, 15 mL 2% Milk, 250 mL Apple Juice, 250 mL 70% CHO 16% FAT	English Muffin, egg, cheese & ham Hash Browns 2% Milk, 250 mL Apple Juice, 250 mL 49% CHO 35% FAT
Cheese & Vegetable Pizza (1/2 X 10" Pizza) 2 Large Rolls, plain Tossed Salad, no dressing Fruit Juice, 250 mL 69% CHO 13% FAT	Double Cheese/Pepperoni Pizza (1/2 of 10" Pizza) 1 Large Roll & Butter Tossed Salad & 30 mL dressing Coke, 250 mL 42% CHO 42% FAT
Regular Hamburger with lettuce and tomato Strawberry Shake Orange Juice, 375 mL Apple, Banana 62% CHO 25% FAT	Deluxe Double Burger French Fries Strawberry Shake 43% CHO 43% FAT
Baked Potato, plain Chili, 250 mL Chocolate Shake Fresh Orange 63% CHO 17% FAT	Fishburger French Fries Homo Milk, 250 mL Cherry Pie 38% CHO 51% FAT

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.

