

Fueling for Sports Nutrition Tournaments and Travel

Planning Ahead

When travelling for competition, eat and drink well so you arrive ready to perform at your best. You have the same nutrition needs during travel as you do when training or competing.

- Make healthy food choices and drink enough fluids during competitions for good mental and physical performance.
- Find out which foods and drinks are available at restaurants and event venues. If needed, plan to bring your own food and drinks.
- Do not test new foods or drinks during competition. It is best to test how your body reacts to the amounts and types of foods and drinks during practice or training.

See the Sports Nutrition Travel Checklist on page 2 for some easy on-the-go food ideas.

Check out your food options before you leave

- Ask the hotel if you will have a fridge and microwave in your room to store and heat food and drinks.
- Pack paper plates and cutlery.
- Find out if you will have access to a grocery store to buy food.
- Look into the types of meals available at local restaurants (many will have menus posted online).
- When ordering at restaurants, ask to adapt meals to be higher in carbohydrate and lower in fat to fuel athletes before and between competitions. Some ideas include:
 - Chicken/Shrimp/Tofu and vegetable stir-fry with brown rice
 - Spaghetti with lower fat cheese and marinara sauce plus a side salad with cubes of ham, tofu, or chicken breast and a light dressing
 - Grilled chicken breast with baked potato and grilled vegetables
 - Turkey sandwich on whole wheat bread with a glass of skim milk and an apple or fresh fruit cup
- If meals will be catered, let your caterer know about special food requests and food allergies well ahead of time.
- If you have food preferences or allergies, plan ahead to meet your needs at the travel destination. You may need to pack certain food items.

For more tips on healthy restaurant eating, see: [Eating Out the Healthy Way](#).

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Sports Nutrition Travel Checklist

Whole Grain Foods

- sliced bread
- buns
- pita bread
- tortillas
- bagels
- crackers
- cold cereal (requires a thermos of milk)
- popcorn (little or no added salt and fat)
- granola bars (high fibre options)
- instant plain oatmeal (requires a thermos of hot water or hot milk)

Protein Foods

- nut or seed butters*
- flavoured canned tuna
- salmon canned in water
- tuna canned in water
- boiled eggs*
- hummus*
- lower fat cheeses*
- sliced ham*
- sliced roast beef*
- sliced chicken or turkey breast*
- Greek yogurt*

Vegetables and Fruit

- fresh fruit
- fresh vegetables (celery, carrots, snap peas, grape tomatoes)
- fruit, canned in its own juice
- unsweetened fruit sauces
- mixes of dried fruit (e.g. apricots, mango, raisins) roasted nuts or seeds

Drinks

- water
- 1% or skim milk*
- fortified soy beverage*

Condiments

- mustard*
- light mayonnaise*
- relish*
- ketchup

*these foods must be kept in a cooler

Supplies

- refillable water bottle
- thermos
- napkins
- travel plates and bowls
- travel cutlery and can opener
- cooler (with ice/ice packs)
- small garbage bags
- moistened wipes
- snap-lock plastic bags
- snap-lock food containers
- hand sanitizer

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Sample Tournament Menu Plan

Time	Scenario	Food and Drinks
6:00 AM	breakfast	400 mL–600 mL (1½–2½ cups) water 1 muffin and 50 g (1½ oz) cheese 250 mL (1 cup) grapes
8:00 AM	during activity 1h game	500 mL (2 cups) water
9:00-9:30 AM	after game snack	250–500 mL (1–2 cups) water 1 medium banana 175 g (¾ cup) container of Greek or other yogurt
12:00 PM	lunch	sub on whole wheat: 75 g (2½ oz) lean meats and 250 mL (1 cup) vegetables 1 medium apple, sliced 500 mL (2 cups) skim milk
2:00 PM	pre-game snack	250 mL (1 cup) of fruit smoothie
4:00 PM	during activity 1h game	500 mL (2 cups) water
5:00-5:30 PM	after game snack	40 g crackers and 50 g (1½ oz) cheese 1 medium orange 250–500 mL (1–2 cups) water
7:00 PM	refuel supper	75 g (2½ oz) chicken breast with 50 g (1½ oz) cheese 250 mL (1 cup) of rice 250 mL (1 cup) of vegetables and/or fruit 250–500 mL (1–2 cups) water