

NUTRITION INFORMATION FROM YOUR DIETITIAN

Sports Nutrition: Eating on the go

Eating on the go is an important skill for athletes to learn. Some athletes may have to train or compete away from home. Others may have work or school responsibilities that leave little time to eat before practice or games. In situations like these, it can be easy to skip meals or snacks, which can affect your performance, concentration, and mood. Learning how to plan meals and pack food will ensure you have the energy you need to get through your day and train hard.

Eat breakfast

Start your day by eating breakfast. Breakfast helps:

- Give your body and brain the energy they need
- Stay awake and focused at school
- Train harder during morning workouts and store energy for workouts later in the day

As you start a breakfast routine, use these tips:

- **Start small.** If you're not hungry in the morning, try something as simple as a banana with almond butter, and slowly add more. Over time, you will train your body to expect food, increasing morning hunger.
- **Split breakfast into 2 parts.** When you're not hungry, drinking nutrients (rather than eating) can help. Start off with a smoothie for breakfast and then have toast with peanut butter an hour or two later.
- **Eat nutritious foods you like.** Don't limit yourself to conventional breakfast foods.
- **Prepare breakfast the night before.**
- **Consider grab-and-go options:**
 - Peanut butter and jelly or honey sandwich
 - 100% fruit smoothie with Greek yogurt
 - 1% milk, whole grain muffin, and fruit
 - Granola bar, banana, and milk
 - Dry cereal, carton of milk, and a piece of fruit
 - Greek yogurt with granola and fruit
 - Milk, yogurt, fruit, and dry oats combined in a container

Eat during the day

Don't skip meals and snacks. Eat 3 meals and 2-3 snacks throughout the day. Use these meal planning tips:

- **Make extra food at dinner** so you have leftovers for lunch.
- **Pack lunch for the next day after dinner**, when food is already out and ready to prepare.
- **Prepare meals on the weekends** so that packing is easier during the week.
- **Stock up on nutritious frozen meals** that can be used as a backup.
- **Carry nonperishable snacks with you** in your car, backpack, or exercise bag. Some good options are granola bars, sports bars, trail mix, and dried fruit.

This handout is intended for use during an appointment with a registered dietitian only, and is not meant for use by other clinicians.

© 2019 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD062 – 01/19

Eat on the road

Consider these eating tips when travelling:

- **Pack nonperishable snacks.**
- **Find a grocery store.** Stores often have healthy food options, including prepared wraps and salads.
- **Choose wisely.** When eating out, look for places that you know offer healthier meal options. When possible:
 - Choose meals with lean proteins such as fish, chicken, turkey, and beans.
 - Ask for whole grain options such as whole grain buns, whole wheat pasta, or brown rice.
 - Order fresh fruits and veggies – look for fruit parfaits, fresh salads, and steamed vegetables.

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助

This handout is intended for use during an appointment with a registered dietitian only, and is not meant for use by other clinicians.

© 2019 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD062 – 01/19