

TRAVELLING ATHLETE FACT SHEET

Snack Options

Snacks providing 50g carbohydrate	Carbohydrate and protein rich snacks	Snacks providing 10g Protein
<ul style="list-style-type: none"> • 700-800ml sports drink • 2 sports gels • 500ml fruit juice/soft drink • 2 cereal bars • Large cake style muffin/fruit bun/scone • 2 scotch pancakes • 6 breadsticks • 40g raisins 	<ul style="list-style-type: none"> • 250-300ml milkshake/smoothie • 600ml low fat flavoured milk • 1-2 sports bars • 1 bread roll with cheese filling + banana • 1-2 cereal bars + 200g fruit yoghurt 	<ul style="list-style-type: none"> • 40g beef/pork/lamb/chicken • 50g canned/cooked fish • 200g tub yoghurt • 300ml flavoured milk • 30g cheese • 2 eggs • 4 slices bread • 60g nuts • 1 plain bagel/ 1.5 pitta bread

Taking some of these snacks with you to competitions and matches is a good way to make sure you have the right food available to eat afterwards

Eating Out

Aim for	Avoid
Pizza - Vegetable topped	Pizza – Processed meat and extra cheese (eg. pepperoni)
Pasta – Tomato based sauces (eg. Napolitana, Marinaria, Bolognese)	Pasta – Cream based sauces (eg. pesto, Carbonara)
Side options - Baked potato/rice/vegetables/bread	Side options - Chips and flavoured bread (eg. Garlic bread)
Salad – Lemon juice or balsamic vinegar	Salad – Creamy salad dressings (eg. Caesar)
Curry – Vegetable based dish with boiled rice and flat bread (reduce the amount of sauce)	Curry – Meat based dishes with pilau rice and fried side dishes (eg. onion bhajis, spring rolls)
Baked potato fillings – Tuna/baked beans/salsa/chilli/cottage cheese/Bolognese sauce	Baked potato fillings – Butter/sour cream
Soup – Low cream options with bread	Soup – Cream based
Fish – Grilled with salad/potatoes/bread	Fish – Battered with chips
Meat – eg. Grilled burger and salad	Meat - eg. Double fried burger, bacon/cheese with chips
Sauces – Tomato sauce/salsa (NB. Ask for sauces on the side and use small amount)	Sauces – Buttery sauces (NB. Ask for sauces on the side and use small amount)
Puddings – Fruit salad/rice pudding/bread and butter pudding/sorbet/fruit crumble and custard	Puddings – Treacle pudding/sticky toffee pudding/cakes/pastries

Remember:

- Make sure that your water glass is topped up regularly to help with hydration goals.
- When extra carbohydrate is needed, soft drinks or fruit juice may also be a good option.
- Opt for meat/fish/poultry that has been grilled or baked rather than fried or breaded.
- When fuel needs are high, order a basket of plain bread to boost the carbohydrate in your meal.