

# Eating on the road

Fueling your body with high performance snacks

Don't forget hydration!



DON'T LET YOUR PERFORMANCE FALL OF TRACK WITH TEMPTATIONS AT GAS STATIONS, AIRPORTS, AND FAST-FOOD. WHEN TRAVELING HOME FOR THE HOIDAYS, MAKE HEALTHY CHOICES TO MAINTAIN YOUR ATHLETIC IMPROVEMENTS AND STABILIZE ENERGY LEVELS ON THE JOURNEY.

## G2

-Choose this instead of regular Gatorade when not working out

## Flavored Water

-Has only 0 to 5 calories and adds variety to plain water, try *Dasani* or *Propel*  
 -To mix it up, try sparkling flavored water , such as *Sparkling Ice*

## Coffee & Tea

-Ask for skim milk or soy milk  
 -Hold the whipped cream and chocolate topping  
 -Best option is unsweetened tea or coffee with skim milk

## What makes a good snack?

*Look for:*  
 -whole, natural ingredients  
 -protein (at least 10g in a bar)  
 -aim for > 3 grams fiber  
 -watch out for sugar in granola bars

## Try one of these!

- ◇ Trail Mix
- ◇ Apple, banana, orange
- ◇ Dried fruit, such as raisins, cranberries, banana chips, apricots



- ◇ Pretzels
- ◇ Sunflower kernels
- ◇ Nuts: Pistachios, Roasted almonds, Cashews
- ◇ A healthy bar: Power bar, Kind bar, Balance bar, Luna bar, Larabar bar



## Sweet Indulgences

- \* Dark chocolate bar— choose one with > 70 % cocoa
- \* Dark chocolate covered nuts or raisins
- \* Yogurt covered raisins



## Swap these out!



## Better options

McDonalds (medium) Frappe Mocha = 560 calories & 70g sugar  
 Starbucks (grande) Mocha Frappuccino = 360 calories & 54g sugar  
 Starbucks Peppermint Hot Chocolate (grande) = 440 calories & 61g sugar  
 Taco Bell Cheese Quesadilla = 460 calories & 26g fat

McDonalds (small) nonfat latte = 90 calories  
 Mocha light Frappuccino (grande) = 130 calories & 26g sugar  
 Starbucks Café Latte (grande) with non-fat milk = 130 calories & 18g sugar  
 Taco Bell Fresco Chicken Soft Taco = 140 calories & 3.5g fat