

Travel Nutrition

Traveling is a major part of an elite athlete's life. Travel for away games, training, or competition may disrupt an athlete's normal routine. Consider these 5 tips for optimizing nutrition on the road.



Pack a snack! Plan ahead by bringing along nonperishable foods. Shown are some travel friendly snacks to support performance.



Eat consistently throughout the day during the times of your destinations normal meal periods. This will help your body adapt to the new time-zone. Aim to build your plate with 1/3 whole grains, 1/3 fruits and vegetables, and 1/3 lean proteins as shown on the left.



The lower humidity on planes during air travel increases fluid needs to stay properly hydrated. Drinking 8 ounces of water for every hour of flight time will keep you ahead of the game! Consider adding electrolytes for increased hydration benefits.



Destinations at higher altitudes may increase caloric, protein, and carbohydrate needs. The body increases red blood cell production to adapt to lower oxygen levels in the air, which increases iron needs as well. Some high iron foods to incorporate on the go are: meat, tofu, eggs, spinach, shrimp, and sweet potatoes.



Travel can disrupt normal sleeping patterns. Studies show that a bad night of sleep with only 4-5 hours can decrease the delivery of protein into the muscles. This lowers muscle gains and recovery. Prioritizing at least 8 hours of sleep will help protein absorption and reduce muscle wasting, soreness, and fatigue.



- Source:
1. Karpinski C, Rosenbloom C, eds. Sports Nutrition: a Handbook for Professionals. Sixth edition. Academy of Nutrition and Dietetics; 2017
 2. <https://www.nutritionnews.abbott/healthy-living/diet-wellness/Healthy-Travel-Tips-Staying-Hydrated-While-Traveling>
 3. <https://www.usopc.org/nutrition>

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