

# TRAVEL NUTRITION

## BEFORE YOU GO

Try to find out as much information as possible about your destination.

*What foods will/ may be available?*

*What snacks will you need to supplement meals and ensure appropriate nutrition around training?*

*What is the climate going to be like? - how will this affect your hydration?*

Useful websites include:

[www.travel.roughguides.com/](http://www.travel.roughguides.com/)

[www.lonelyplanet.com/](http://www.lonelyplanet.com/)

## SUCCESSFUL NUTRITION ON THE MOVE!

It is important to consider nutritional goals when travelling:

- 1. Carry a water bottle with you** - Air conditioning & the pressurised cabin on the plane can cause an increased fluid loss from skin & lungs
  - Ensure you have fluid available when travelling to the airport
  - When you go through to departures purchase water/ fluids as the small servings on the flight are likely to be insufficient to maintain hydration.
  - **Good fluid options:** - Water, sports drinks, sports waters, squash
- 2. Pre-flight meals:** Ensure you have had a balanced meal before the flight
- 3. Pack a supply of snacks in hand luggage to meet nutrition goals & in case of unexpected delays** - Food provided by the airline may not suit your taste/ meet your nutritional goals. **NB. Eat when hungry not when bored**
- 4. Late Arrival** - If arriving late in the evening breakfast may be your first meal provided, therefore ensure you pack food supplies for the evening.

## FOOD IDEAS TO PACK

### PROTEIN OPTIONS

Foil sachets tuna  
Skimmed milk powder  
Low fat milkshake powder  
Protein/ recovery bars  
Protein/ recovery drinks

### CARBOHYDRATE OPTIONS

Cereal Bars  
Dried fruit & nut mixes  
Rice/ oat cakes  
Malt loaf  
Porridge sachets  
Sports bars/ drinks/ gels

## HYDRATION

It is important to stay hydrated throughout the day. It is especially important when travelling to hot countries to adjust your hydration strategy as necessary. Exposure to hot temperatures leads to an increased loss of water and salts (electrolytes) and fluid intake needs to be adapted to replace these extra losses to avoid dehydration.

- Drink enough fluid to maintain usual urine production (frequent sips throughout the day rather than infrequent large boluses)
- Carry a water bottle with you
- Drink fluids which contain electrolytes if sweat losses are high e.g. sports drinks, electrolyte drinks
- Keep a drink by your bed to drink from if you wake and feel thirsty at night

## CHECKLIST

### Before you go

- Find out what food will be available
- Pack a supply of food, snacks & sport foods/ supplements that you may need

### While away:

- Develop a race day nutrition plan
- Focus on hydration
- Eat SMART
  - **S**tick to goals
  - **M**anage portions
  - **A**void illness
  - **R**eview choices
  - **T**reats at the right time

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# COMPETITION NUTRITION

## DAILY NUTRITION GOALS

### 1. Meet carbohydrate needs

Carbohydrate is an important fuel supply for the muscles & brain!

- Have a quality carbohydrate source at each meal  
*e.g. pasta, rice, potatoes, cous cous, bread*
- Include a carbohydrate source in recovery  
*e.g. fruit, dried fruit, cereal bar, recovery drink*
- Adjust carbohydrate intake based on training & competition schedule *i.e. increase carbohydrate intake on more intense days.*

### 2. Meet protein needs

Protein is key for muscle growth & repair & to help your immune function.

- Have a source of protein with every meal  
*e.g. chicken, turkey, beef, fish, shellfish*
- Ensure you include a protein source in recovery  
*e.g. low fat milkshake, milk, recovery drink*

### 3. Vitamins & Minerals

Vitamins & Minerals are essential for the immune system & assist energy provision & growth & repair!

- Include fruit & vegetables at meal times & try to have a variety of colours!

### 4. Hydration

Dehydration can decrease mental & physical performance & have a negative effect on the immune system. Dubai has an average temperature of 40°C in August so sweat losses will be higher than in the UK.

- Drink enough fluid to maintain usual urine production  
*-frequent sips throughout the day rather than gulping large volumes*
- Carry a drinks bottle with you
- Drink fluids which contain electrolytes if sweat losses are high *e.g. sports drinks, sports waters*



## TOP TIPS FOR SURVIVING THE BUFFET

- **Know your nutritional goals**
- **Do a 'lap' of the buffet** - This will help you choose wisely & prevent you from overindulging
- **Have a different menu everyday** – to prevent flavour fatigue
- **Stick to what is right for you** – don't try new foods out in the days leading up to competition
- **Leave the food environment after you have finished**
- **Manage portions** - Stick to a similar size portion that you would have at home

## KEY COMPETITION DAY GOALS

### 1. Develop a nutrition plan

Key nutrition goals on a competition day are fuelling (with carbohydrate) & hydration (fluids).

Plan your meals around your race schedule to ensure you are fuelled for each race!

- **Plan to have larger meals during your longest breaks**
- **When breaks between races are not long enough to digest a large meal it may be better to 'graze' on small nutritious snacks throughout the competition.**

The following can be used as a guide of the types of foods that may be included during the breaks in your competition day:

#### 3-4 hours before race

Main priority = Refuel, rebuild, rehydrate  
A light meal which provides some protein & carbohydrate  
*Lean meat sandwich & fruit*  
*Baked potato and cottage cheese/ tuna*  
*Pasta or rice with lean meat and tomato based sauce*  
*NB. Include a fluid source with your meal*

#### 1-2 hours before race

Main priority = Refuel, & rehydrate  
A light meal/ snack which provides good source of carbohydrate  
*Jam/ honey/ banana sandwich*  
*Breakfast cereal with milk*  
*Hot cross bun/ scotch pancakes/ malt loaf*  
*Cereal bars*  
*Fresh Fruit/ dried fruit*  
*NB. Include a fluid source with your meal/ snack*

#### 1 hour before race

Sports drink  
Squash

### 2. Recovery at end of competition day

Nutritional recovery after your last race is essential especially if you are competing the next day:

**REFUEL** muscles with carbohydrate

**REPAIR** muscles with protein

**REHYDRATE** by drinking fluids



#### EXAMPLE RECOVERY OPTIONS

Cereal with milk/ yoghurt  
Low fat milkshake  
Pint of milk & fruit  
Pint of milk & cereal bar  
Lean meat sandwich  
Sports recovery drink/ bar