

Synchro USA Travel Nutrition –

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Managing travel nutrition effectively requires preparation and planning:

- Preparing with a plan prior to travel is vital to staying well hydrated and fueled especially with long flights and time zone changes.
- Not staying on top of your nutrition and hydration needs can compromise performance.

Prior to Travel:

- Know your itinerary, flight times, meals served on board; consider bringing plane snacks, baggies, hand sanitizer.
- Identify destination food availability and pack food supplies focusing on less available nutrients.
- Consider foods rich in probiotics 2 weeks before leaving to increase immunity (e.g. yogurt, kefir).

During Travel:

- Bring a couple of sport bottles and drink small amounts regularly.

At Destination:

- Eat similarly to how you eat at home modifying meal and snack size according to changes in training volume.
- Eat on new time zone, including snacks for between meals.

Carbohydrates- fuel source:

- Carbohydrates are the best fuel for working muscles.
- Plan to include carbohydrates in all your meals and snacks.

Fuel Sources to pack/purchase to supplement- choose items previously tried or regularly used:

Hot or cold cereals - oatmeal, cream of wheat, cream of rice, granola, muesli

Cereal bars - granola bars, sports bars, fig bars

Pretzels/Crackers - graham crackers, rice cakes, wheat crackers

Fruit - dried (raisins, cranberries, plums, dates), dehydrated, fruit leathers

Fruit sauces- applesauce/fruit sauce packets, fruit and veggie pouches, fruit cups, jam

Dry/Instant soup mixes

Instant breakfast or meal replacement powder (Carnation Instant Breakfast, Ensure, Boost)

Powdered sports drink, gels, gummies, honey

Protein- supports muscle growth and repair of muscle damage after exercise:

- You also need protein to make red blood cells, which moves oxygen to muscles, and white blood cells, which help fight infection.
- Your body uses protein to make hormones and enzymes, which help regulate metabolism.
- Plan to include protein in all your meals.

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Protein Sources to pack/purchase to supplement- choose items previously tried or regularly used

Tuna, salmon, chicken cans or flat packs
Jerky (turkey, beef, salmon)
Nut butter packets/nut butters- peanut, almond, cashew, sunflower butters
Dried tofu packet, dried hummus mix
Nuts, seeds, trail mix
Dry milk powder packets
Recovery drink mix - chocolate milk powder or cartons
Protein powder - NSF certified, ie BiPro, Protein bars

Pre-workout/competition Foods & Fluids

3–4 Hours Before Exercise:

- Consume a carbohydrate-rich snack or meal to top off muscle stores. With pre-competition jitters, liquid meal replacements may be better tolerated than whole foods.
- Include protein in your pre-exercise meal(s). Protein helps build and repair muscle tissue.
- Choose pre-workout meals that are low in fat and fiber to ensure optimal digestion.



- Peanut butter & honey on toast + instant breakfast drink
- Fruit and yogurt smoothie + low-fat granola
- Oatmeal with brown sugar and almonds + lowfat milk + banana
- Lowfat cottage cheese + apple butter + crackers + fresh grapes
- Lean meat burger + side salad + fruit parfait
- Turkey and Swiss sandwich + fruit
- Low-fat tuna melt sandwich + fruit cup + vegetable drink
- 1.5 cups (12oz) of sports drink or water.
Note: 1 swallow or gulp equals about 1 ounce

30 minutes- 1 hour before workout or competition:

Have a snack of an energy bar, sports beans, sports gels or gummies, granola bar, 1/2 bagel, large banana or other piece of fruit, jam sandwich or 5 graham crackers. Wash the food down with at least 1.5 cups (12oz) of sports drink.

During breaks and after workout/competition:

- Drink water or a sports drink (sports drink for workout >1hour). Both water and sports drinks will hydrate you. A sports drink will also give you fuel and replace sodium that is lost in sweat. The sodium in sports drinks also helps your body hold onto the fluid.
- After your workout, drink about 3 cups (24 ounces) of sports drink or water for every pound of body weight that you lost while you were active.
- Check the color of your urine. If it looks like apple juice, you are dehydrated and need to drink more. If it looks like lemonade, you are getting enough fluids.
- Eat something within 30 minutes of the end of your workout especially if you train hard every day. Chocolate milk is one of the best recovery agents providing protein, carbohydrate, fluid and electrolytes.