

TRAVEL NUTRITION: ON THE PLANE



Snacks



Prepare snacks in advance to help stick to your meal plans and weight making goals during travel.

Select savory foods over sugary treats; foods low in carbs and high in protein will help with muscle turnover & weight management.

Snacks: Meat/fish sandwiches, pasta pots, fruit, dried fruit, sweet and salted popcorn, cereal bars, chewing gum. **Protein specific:** beef jerky, nut/trail mixes, Greek yoghurt

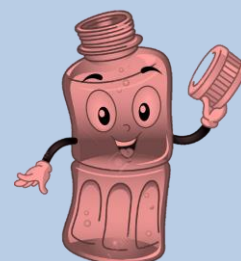
Hydration

In air pressured cabins the small servings of drinks are not enough to support hydration. Take your own supplies!

Dehydration symptoms: headaches, tiredness or slight constipation

How much to drink? Drink 250ml per hour

What to drink? Water, cordial, Powerade Zero.



Health



Antibacterial Hand Gel – Boosts hand hygiene and limits the spreading of germs! Use before and after having food and after using the toilet.

Vicks First Defence – Reduces chances of catching airborne coughs or colds by keeping the nasal passage moist whilst in the cabin.

Dose: 2 sprays per nostril 30 mins before boarding and another 2 every 4 hrs.

Investigate further....



Follow this link.....



http://www.ausport.gov.au/ais/nutrition/factsheets/travel/nutrition_for_travelling_athletes

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TRAVEL NUTRITION: FOOD SAFETY



Avoiding water borne illnesses

Poor hygiene standards, sanitation and water quality can put you at risk of sickness.

1. Use bottled water for drinking, cleaning teeth and rinsing equipment.
2. Avoid iced drinks as the cubes will be from local water.
3. Coffee and tea is fine as the water is boiled.

Take Milton tablets to sanitize drink bottle and shakers every day (wash with bottled water).

Minimising food poisoning bugs

1. Only eat foods that have been cooked, can be peeled or washed in safe water.
2. Foods should either be steaming hot or refrigerated and covered with a lid at buffets.
3. Avoid fruit with damaged skin.

Avoid street food and eating out. If you do eat out of the hotel check they look clean and busy & ideally you can see the chefs in the kitchen.



If you get sick!

IMMEDIATELY INFORM YOUR DOCTOR/COACH

1. Avoid contact with other athletes
2. Drink plenty of fluids especially for sickness diarrhea.
3. REST!!

Have a bland diet: Soups are perfect as they provide plenty of nutrients, hydrate you and can add energy with breads. Avoid creamy foods.

Useful food items to take:

- Cereal bars
- Breakfast cereal/Porridge
- Canned Fruit
- Dried Fruit
- Jam, honey, peanut butter
- Biscuits, crackers, rice cakes.
- Coffee & Tea's
- Robinson's Squash'd (cordial)
- Canned beans & spaghetti
- Canned salmon & tuna
- Concentrated fruit juice
- Instant Noodle pots

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