



## EATING OUT SPORTS SMARTS GUIDE

As an athlete, it is important that your sport nutrition plan be as good away from home as it is when competing or training at home. The following is an easy-to-use guide that will help you choose high-performance foods from almost any menu or food aisle! It does take on purpose planning and much practice, but it can be done. Keeping yourself well fuelled and hydrated is key to high energy performance and optimal recovery.

|   | <b>CHOOSE MORE OFTEN</b><br>Steamed, broiled, charbroiled, poached, marinara, tomato sauce, & "in its own juice"  | <b>LIMIT MORE OFTEN</b><br>Fried, crispy, breaded, scampi-style, creamed, buttery, au grati, and gravy                |
|---|---|---|
| <b>CHINESE</b>                          | Veggie dishes, steamed, stir-fried or boiled dishes, wonton, hot & sour or clear soups, chicken chow mein, chicken/beef chop suey, Hunan tofu                       | Deep fried dishes, egg and spring rolls, dishes with lobster sauce, spare ribs, sweet & sour pork, fried rice/noodles |
| <b>JAPANESE</b>                         | Teriyaki or sukiyaki dishes, sushi  | Tempura, deep fried foods   |
| <b>THAI</b>                             | Rice paper wraps or rolls, kabobs, satay, ginger or garlic dishes, fish, clear soups  | Deep fried Thai rolls, coconut milk, peanut or curry sauce, coconut rice  |
| <b>MEXICAN</b>                          | Chicken fajitas, plain soft tacos, Mexican rice, salsa, gazpacho, chicken & bean burritos, fajitas, Spanish rice  | Nachos, sour cream, cheese, taco salad, hard taco shells, guacamole, deep fried burritos                              |
| <b>INDIAN</b>                           | Lentil dishes, pilaffs, tandoori dishes, beans, veggies, bread,   | Samosas, ghee, deep fried foods   |
| <b>ITALIAN</b>                          | Pasta with marinara, marsala or tomato sauces, cacciatore dishes, minestrone soup, thick crust veggie pizza, rice, salads with dressings on the side                | Alfredo, cream or cheese sauces, pesto, parmigiana dishes, Caesar salad   |
| <b>BURGER CHAINS</b>                    | Veggie burgers, beef burgers, grilled chicken on a bun with little or no mayo or special sauces   | Burgers with cheese, special sauces and bacon, fillet of fish, chicken nuggets  |
| <b>DELI/COFFEE SHOPS</b>                | Low fat meats (chicken, turkey, seafood), vegetables  | Sauces, mayonnaise, sausage meats, deli salads, cream soups, creamed specialty coffees, doughnuts                     |
| <b>GROCERY &amp; CONVENIENCE STORES</b> | Soup & salad bar: leafy greens, low fat cheese, veggies, chicken/turkey/ minestrone/ rice/bean/lentil/ broth based soups  | Cream based soups, high fat cheeses, hot dogs, nachos, chips, fries, fried chicken, soft drinks                       |
| <b>SNACKS</b>                           | Oatmeal or fig cookies, bagel, English muffin, raisin bread, yogurt, pudding, fruit, cereals, pretzels, crackers, granola/breakfast bars, canned fruit, fruit juice | Pastries, potato chips, candy bars, ice cream sandwiches, candies   |
| <b>AIR TRAVEL</b>                       | Water, fruit juices, sports drinks  | Alcohol and caffeine beverages  |

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