

# ENERGY EDGE NUTRITION

## **Peak Performance Traveling**

Traveling can be stressful and depleting at the best of times. It is difficult to stay on track of your nutrition plan when everything including time is up in the air. It is far too common to arrive at a destination dehydrated, drained, and disoriented. It is vital that you stay energized whether you travel by air or on the ground.

## **Eat Before Take Off**

When your body is hungry, the blood sugar level can drop. Your body then sends a stress signal and your adrenaline will rise... so does your anxiety. To prevent this from happening, eat adequate pre-flight complex carbohydrates - whole wheat bread, cereal, or a banana. On a travel day don't go more than three hours without at least having a snack. If you tend to be a more anxious flyer, skip the coffee.

## **Drink Up - Water**

Flying is extremely dehydrating due to the pressurized cabin air. The dry air can cause you to lose fluid through your skin. This leads to puffy hands, ankles, fatigue and a general feeling of being bloated. Drinking the standard 8 cups of fluid a day may not be enough to keep hydrated. By adding an extra 8 to 12 ounces of fluid every hour can help beat the dreaded jet lag. Alcohol and coffee should be limited or avoided; both are potent diuretics or dehydrators. Stick to bottled water, herbal teas, or juice for best hydrating effects.

## **Power Up**

If you want to be bright-eyed and bushy-tailed when you arrive try moderating

your intake of carbohydrates as you get close to your destination. Carbohydrates tend to induce a calming effect and for some lead to sleep. Eat a high protein, low fat meal or snack to boost alertness. Try eating low-fat dairy products, grilled meats, or a poached egg. It is wise to order a special meal for air travel. Diabetic meals are highest in protein, fibre, and freshness, and usually at no extra cost.

## **Perk Up**

If you have a layover between flights, use this time wisely by exercising. You can also move about the cabin every hour or so. If you need to catch up on sleep try a 45 minute power nap to improve alertness and enhance performance. Some studies have shown that longer naps may make you more tired when you wake up.

If you are traveling by car try to stop for short stretch breaks at least once every hour.

## **Eating Well Away from Home**

Sticking to your nutrition plan away from home can be difficult. However, maintaining a balanced diet will do wonders for your performance. The following are tips to maintain:

- Balanced diet
- High carbohydrate, adequate protein and fat
- Adequate fluid intake
- Minimal chance for gastrointestinal problems

In order to make the above work for you there has to be a plan put into place. This means you need to take charge and make sure that you have what you need in advance. Know where you will be staying, what food and fitness services are available to you, and what it is going to cost.

You should only eat foods familiar to you and in places suggested by your organization. In some instances of travel, you will be able to bring your own food supply. If this is the case, don't forget to bring the necessary equipment (toaster, bowls/plates, utensils, napkins, can opener, large cooler, water bottles, thermos etc.) along with the foods to be consumed. Remember, never eat or drink anything new. You may be letting someone else take your place on the day of the event due to *gastrointestinal upset!*

### More Traveling Tips

The following are suggested travel tips from the Sport Nutrition Advisory Committee:

- *Pack a nutrition kit* for the road – full of fresh fruit and dried fruit, vegetable sticks, juice, plain cookies, yogurt, buns, and bagels, canned tuna/salmon, peanut butter, jam/jelly, and low fat cheese.
- *Supplement fast food* meals with fruits and vegetables.
- *Plan ahead* – if unfamiliar with the area of the competition, inquire about nearby restaurants.
- Order hamburgers, but hold the cheese, bacon, and extra sauce; *add tomato, lettuce, mustard, ketchup, and relish instead.*
- *Remove the skin* from fried chicken.
- *Avoid deep fried foods* (including French fries & onion rings), cream sauces, and gravy.
- *Replace butter or sauce calories* with another slice of bread, second potato or soup and crackers.
- *Choose pizza with fruit and vegetable toppings* – pineapple,

mushrooms, green pepper. Hold the extra cheese!

- *Consume sensible snacks* including: lower fat yogurt, milk pudding, fresh and canned fruit, hard boiled eggs, nuts/seeds, vegetable sticks, dried fruit, & energy bars.

### Be a Discriminating Diner

You are the one who will be affected by your food choices. By planning ahead, ordering smart, and monitoring portion control you can stick to your game plan. The key is to have and trialed the nutrition plan prior to your travels. You wouldn't perform without practicing, so why wouldn't you do the same with your diet?

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#### BANANA BERRY WAKE-UP SHAKE

(Dietitian's of Canada: Cook Great Food)

|       |   |
|-------|---|
| 1     | banana  |
| 1 cup | fresh or frozen berries   |
| 1 cup | milk or vanilla-flavored soy beverage                               |
| ¾ cup | lower-fat vanilla yogurt (or other flavor that complements berries) |

1. In a blender, liquefy fruit with a small amount of the milk.
2. Add remaining milk and yogurt; blend until smooth.  
If the shake is too thick, add extra milk or soy beverage.

*262 calories, 2 grams fat, 51 grams carbohydrate, 11 grams protein*

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#### Questions? Contact...

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