Eating on the Go

Subway
- 6 inch Turkey Breast
- 6 inch Veggie Delight
- 6 inch Roasted Chicken Breast

McDonald’s
- Garden Salad w/ reduced dressing
- McChicken with no mayo
- Fruit & Yogurt Parfait

Taco Bell
- Chicken soft taco
- Bean burrito

Wendy’s
- Grilled chicken sandwich
- Mandarin Orange Salad w/ low fat dressing

Tips for Eating Out

- Skip the bread
- Ask for dressing on the side
- Avoid fried food
- Avoid creamy or white sauces
- Choose a veggie or salad for a side
- Choose foods that are boiled, baked or grilled

Sample Meal

Meal One: Breakfast
- 1/2 cup Cinnamon Oatmeal
- 1-2 tbsp. Peanut Butter
- 1/2 cup Scrambled Eggs
- 1 Whole Banana
- 1 cup Chocolate/Skim Milk

Meal Two: Lunch
- Chicken Caesar Salad with Grilled Chicken
- 1 slice of Whole Wheat Bread
- Side salad w/ low fat dressing
- 1 Whole Orange
- 1 cup Chocolate/Skim Milk

Meal Three: Dinner
- Whole Turkey Sandwich on Whole Wheat Bread with LOTS of veggies
- 1/2 cup Side Salad or Veggies and Dip

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References:
Katie Callahan, RD, CD  Sodexo Registered Dietitian
Phone: 608-785-6480
E-mail: katherine.callahan@sodexo.com

Vanderbilt athletics

For more information contact:
Morgan McDougall, ATC
Mcdougal.morg@uwlax.edu
Pre-Exercise/Game

4 hours before event:
- Spaghetti with meat sauce
- Grilled chicken, pasta, veggies
- Turkey sandwich, whole wheat bread & carrots
- Granola bar/ sports drink

OR

2-3 hours before:
- Baked potato
- Cereal (whole grain) with 1% milk
- Bagel with peanut butter
- Pancakes/Waffles
- Instant oatmeal
- Fruit smoothie
- Yogurt (nonfat)

OR

1 hour before:
- Raisins
- Fruit snacks or roll ups
- Applesauce
- Animal crackers
- Pop tarts
- Carrots
- Jelly Beans
- Pretzels

Post Exercise/Game

- Meals are similar with the pre-event
- Eat meal within 90 minutes after exercise to restore energy or glycogen, store and helps with protein synthesis

Exercise Hydration

To calculate range of water intake:

Weight in pounds x 0.5 = _________ oz/day to weight in pounds x 1.0 = _________ oz/day

<table>
<thead>
<tr>
<th>Timing</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Pre- Exercise</td>
<td>2-3 Cups 2 hours before</td>
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<tr>
<td>During</td>
<td>1 Cup or 4-6 gulps 10-15 minutes</td>
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<tr>
<td>Post- Exercise</td>
<td>2-3 Cups for every pound lost</td>
</tr>
</tbody>
</table>

Carbs = 7gm per kg  
Protein = 1.4gm per kg  
Fat = 1 gm per kg  
Carbs = 4 calories per 1 gram  
Protein = 4 calories per 1 gram  
Fats = 9 calories per 1 gram

Kilograms = Weight (lbs) / 2.2 = _________ kg

Always remember to eat “new” foods before you practice so you do not have any GI problems while competing

1 cup = 8oz  
1 gulp = 1oz  
30mL = 1oz