

# BRITISH SWIMMING WORLD CLASS PROGRAMME

## FACT SHEET

### The Travelling Athlete Eating out

It is now common place for athletes to travel around the country or to other countries for competitions and training camps. This presents a number of nutritional challenges, eating out being one of them. It is likely that at some point when travelling you will have to eat some meals out. It is important to pick your restaurant and food choices carefully in order to stay on track with nutritional goals.

#### Plan ahead

- Investigate local restaurants before leaving home. Check meal options, cooking styles, opening times and hygiene of the restaurant.
- Discuss the proposed menu with restaurant staff to minimise problems and place any requests if you have any dietary needs (e.g. vegetarian, food intolerances).

#### Basic rules for eating out

- Keep your water topped up to help with hydration goals.
- When fuel needs are high, order a basket of plain bread to boost your carbohydrate content of your meal.
- Choose meals that focus on carbohydrate choices such as rice and pasta. Opt for sauces without cream and with small amounts of cheese and oil.
- Order sides of vegetables or salad. Ask for black pepper, tomato sauce or salsa rather than buttery sauces, and lemon juice or balsamic vinegar rather than salad dressings. Or ask for dressings on the side so you can control how much you have.
- You don't always have to have a dessert! If you are watching total energy intake opt for fresh fruit or a hot chocolate made with skimmed milk. Carbohydrate rich desserts include rice pudding, sorbet, fruit salad or fruit crumble and custard.

#### Eating out; the options

##### Mexican restaurants

- Stay clear of high fat fried options such as corn chips.
- Enchiladas and burritos are often a good choice but check the fillings for high fat ingredients such as cheese and cream. Some may have cheese inside and then be covered in cheese- this is something to avoid.
- Be mindful of guacamole and sour cream- ask for them on the side.
- Fajitas are often a well balanced option.

##### Italian restaurants

- Plain bread is great accompaniment to a meal. Be careful not to over indulge on breads such as garlic, sun dried tomato or herb if you are trying to keep fat intake low.
- Tomato based sauces are best. Be careful of high fat creamy sauces.
- Pizza can be good option but avoid excess amounts of cheese.

##### Indian restaurants

- Add plain steamed rice to your plate for carbohydrate.
- Accompaniments such as roti, paratha or chippati (all types of flat breads) also provide a good carbohydrate boost to meals.
- Many curry sauces are high in fat so have small amounts of sauces with lots of rice.

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### Asian restaurants

- Steamed rice or noodles should make up the bulk of your plate.
- Opt for combination dishes that include a good variety of vegetables or order a side.
- Avoid dishes that are deep fried or battered, including entrees.

### Cafes

- Sandwiches on regular bread are a good start.
- Be careful of Caesar salads and Quiche as these are high fat options.
- Be careful with selection of cakes, muffins and pastries as these will be high in fat and tend to be very large portions.

### Takeaways

Sometimes takeaways may be the only option when travelling at unusual times. Most are high in fat and low on fuel but there are some good options.

- Opt for places you can make your own order instead of standard meals.
- When ordering pizza choose your own topping, going easy on processed meats and cheese.
- Baked potatoes are an excellent option but avoid butter or sour cream toppings, opt for toppings such as tuna, beans, salsa or bolognaise.
- Kebabs or souvlaki are one of the better options. Take care with creamy dressings.
- Fish and chips are high fat. Fish burger and plenty of salad may be a better option.

