

Eating Out

When you pull up to that fast-food restaurant, make sure you are prepared to order a healthy meal by remembering your goals—optimal performance and optimal health. Fast-food restaurants can create a roadblock to your nutrition goals. However, with a little planning and some specific requests, fast food can become healthy food.

Goals for eating on the road:

- Carbs: eat carbohydrates at every meal and pre- and post-workout, for fuel and to replenish your energy stores.
- Protein: have moderate amounts of lean protein at each meal and small amounts in pre- and post-exercise snacks to help speed recovery and repair muscles
- Fat: healthy fats at each meal will help you meet your energy needs and help replace muscle energy stores
- Fluids: get enough to maintain hydration and replace fluids lost during exercise and travel

Just remember these specific rules:

- Stay away from the fryer, choosing a salad or baked potato as your side instead
- Go grilled
- The fewer legs the better when it comes to protein choices
- Remove the skin, taking off any skin that is on your chicken or turkey
- Hold the mayonnaise and the special sauces
- Choose water as your beverage

Restaurant ideas:

- Mexican: burrito or soft tacos with grilled veggies, chicken, fish, or steak
- Fast food: grilled chicken sandwich, hamburger or veggie burger with tomato and lettuce, or grilled chicken salad with reduced-fat dressing
- Sub sandwich restaurant: chili and side salad or turkey or chicken breast sandwich with veggies
- Bakery restaurant: low-fat garden vegetable soup and veggie sandwich or smoked turkey breast sandwich

Travel pack ideas:

- Trail mix with dried fruit, nuts, and seeds
- Fresh fruit and vegetables
- Bagel with nut butter, cereal, sports bars
- Hydrating beverages (water, sports drink, 100% fruit juice)
- String cheese, yogurt

