

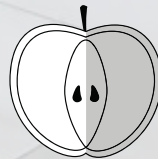
# mindful nutrition for travel

## ON ROUTE



### **stay hydrated**

Bring at least 2 empty fluid containers and your favorite travel coffee/tea mug! Often due to limited washroom access during travel, athletes restrict fluid intake. Aim to drink a set fluid amount and monitor to stay on track.



### **snack pack**

Prepare 1-2 meals and 3-4 snack options for a travel day. Delays happen and you don't want to be stuck without options for fuel and fluid. Use this link to review what is allowed / not allowed for domestic and international flights:  
<https://www.catsa-acsta.gc.ca/en/travelling-solid-food-items>

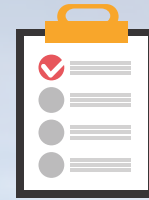
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## DURING YOUR STAY



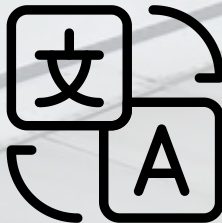
### **maintain immunity**

Travel can be tough on our immune system. Keep your immune system strong by choosing a variety of colourful fruits and vegetables, high quality proteins, adequate fueling foods, getting 8-10 hours of sleep, and staying hydrated



### **plan ahead**

Travel with some empty food containers, reusable utensils, must have small appliances (i.e. magic bullet, kettle, hot plate (ensure you check ahead to include the appropriate adaptors / converters).



### **opt for an app**

Download a translation app, like Google Translate, to help you read food labels and menus when traveling abroad! Just scan to understand!



### **supplements**

Before your travels check with your Sport Dietitian to ensure you have everything you might need to continue your supplement plan during your stay. Do not rely on accessing supplements while you are away as they may not be easy to find OR, there may not be 3rd party sport tested options. Check with the border security of the country you are traveling to for rules and regulations regarding bringing in food items and supplements.