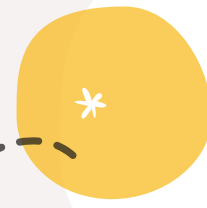


STAY FUELED TRAVEL OFTEN

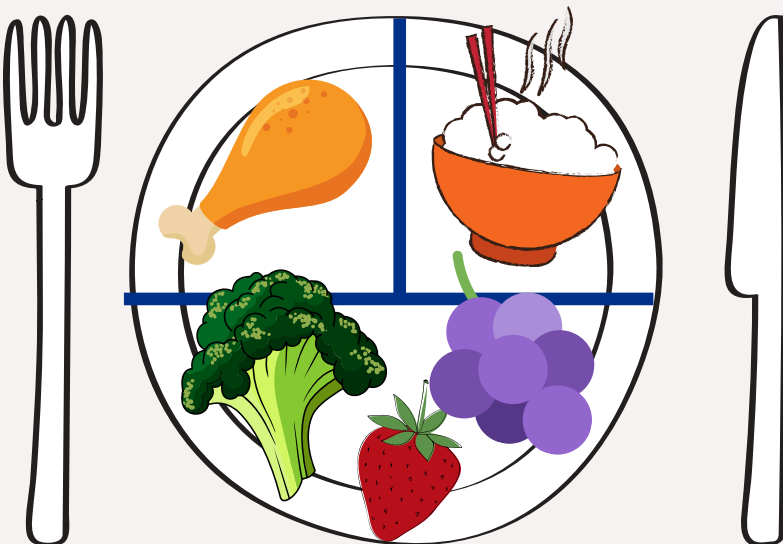
#ATHLETESABROAD



ACE PACKING TIPS

- Pack foods from each category of an athletes plate (see back page for options!) to be prepared for your individual needs!
- Pack individual/travel size food items that are sealed like tuna packs, instant oatmeal, nut butter packets & protein bars
- Make a list of your favorite fueling snacks sectioned into categories: protein, carbs, color, and healthy fats.
- Don't forget about your supplements, vitamins/minerals or any other medications you take daily.
- Make sure to bring a portable water bottle for hydration and shaker bottle if you are going to make protein shakes.

Athletes Plate Guidelines



Don't be afraid to try new foods! It's a great way to learn about the culture & connect with friends!



When in doubt, refer to your athletes plate guidelines when dining. Build at least half your plate with colorful veggies!



Carry snacks with you in a mini travel bag like trail mix, protein bars & dried fruit to add to meals as needed.



Keep a reusable water bottle with you at all times!

SEE THE BACK PAGE FOR A PORTABLE FOOD LIST!

PACK IT OUT: PROTEIN + CARBS + COLOR!

#PACKABLEPROTEIN



- Beef or Turkey Jerky Individual Packets
- Packets or cans of Salmon, Tuna, and Chicken
- Single Serve Nut Butters: Justins/Barney/Jif Natural/RxBar
- Protein Powder Packets: Gatorade, BiPro, Garden of Life, Orgain, Klean Athlete, Momentous
- Bars: Clif, KIND, Nature Valley, RxBars, Larabar, Luna (pack 5-20 depending on how often you rely on them now)
- Trail Mix or Nuts like almonds, peanuts & cashews
- Roasted edamame and chickpeas

PRO TIP: Only bring sealed non-perishable foods. If you choose to buy foods in bulk (vs. individual packaged servings), pack food in your checked luggage and do not open up sealed items until you get to your final destination. Pack snack baggies to portion out bulk items into individual serving sizes.

CARBS on the go

- Rice Cakes
- Whole Grain Crackers
- Whole Wheat Tortillas (corn tortillas for a GF option)
- Instant Oatmeal Packs
- Granola Bars
- Gatorade Electrolyte Packs
- Peanut Butter Crackers
- Cereal
- Granola

Fruits & Veggies

- Dried Fruit: Apricots, Raisins, Dates, Figs, Craisins
- Squeezable Fruit/Vegetable Pouches (Ex: Go-Go Squeeze)
- Freeze Dried Fruit (can add to cereal)
- Unsweetened Banana
- Apple/Sweet Potato/Plantain Chips



THE RUBENSTEIN-BING
— Student-Athlete —
Civic Engagement Program

