

THE TRAVELLING JUDOKA



MEET CARB AND PROTIN REQUIREMENTS

NO MICRONUTRIENT DEFICIENCIES

MAINTAIN HYDRATION

GOOD HEALTH/IMMUNITY



FOR THE SUITCASE

Research your destination!

- Can you hit your nutrition goals, are all the food available?
- Are you self-catered or catered?
- Do the meal times in the hotel fit with fuelling and recovery for training and competition? What if you don't like the food?

What to pack!

- | | |
|-------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Porridge Oats | <input type="checkbox"/> Jam/honey |
| <input type="checkbox"/> Instant Noodles | <input type="checkbox"/> Tuna/Salmon Pots |
| <input type="checkbox"/> Granola/Weetabix | <input type="checkbox"/> Rice Cakes |
| <input type="checkbox"/> Cereal Bars | <input type="checkbox"/> Beef Jerky |
| <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Sports Kitchen <u>Balanced</u> Meals |

<http://www.sportkitchen.com>



FOR THE FLIGHT

Avoid over eating and dehydration!

- Take extra snacks that are nutrient dense i.e low in sugar.
- Plane meal are low in protein so take additional protein sources.
 - Sugar free gum can prevent over eating.
- Take a drinks bottle, aim to drink 250ml fluid per hour.



What to pack/buy in customs!

- | | |
|---------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Fresh Fruit |
| <input type="checkbox"/> Electrolytes/cordial | <input type="checkbox"/> Sugar Free Gum |
| <input type="checkbox"/> Nuts/Seeds | <input type="checkbox"/> Tuna Pots |
| <input type="checkbox"/> Sweet and Salted popcorn | <input type="checkbox"/> Boiled Eggs |
| <input type="checkbox"/> Yoghurt/ yoghurt Drinks | <input type="checkbox"/> Beef Jerky |

IMMUNITY

No sicknotes!

- **Probiotics** boost gut health, increasing the immune barrier.
- **Omega 3** enhances the function of immune cells.
- **Multi Vit** ensure you are not missing any micronutrients.
- **Zinc and Vit C** two tablets to be taken on onset of symptoms
- **Vicks First Defence** is to be used on the flight every 2 hours and on the onset of cold symptoms.

Where to buy?

➤ Probiotics, Omega 3 and multi vit are all included in the Sport Essential pack at Healthspan Elite. <https://www.healthspan.co.uk/products/elite-sport-essentials>



EATING OUT

Restaurants V's Takeaways

You always have a choice. Make the one that will optimise recovery, repair achieve your performance goals.



Takeaways:

High in saturate and trans fats
Poor quality protein
Limited salad and veg.
Very high in energy
Easy to over consume.

E.G Burger King | McDonalds | Pizza Hut |
Chip Shop | Chinese



Restaurants:

Option to make a better meal choice.
Avoid deep fried, high fat foods.
Don't overconsume carbohydrates.
Select lean meats or cut the fat off.
Select plenty of veg and salad as sides.
E.G Bella Italia | Nandos | Pizza Express |
Wagamomas | Tossed Salad Bar



TRAVEL NUTRITION: ON THE PLANE

Snacks



Prepare snacks in advance to help stick to your meal plans and weight making goals during travel.

Select savory foods over sugary treats; foods low in carbs and high in protein will help with muscle turnover & weight management.

Snacks: Meat/fish sandwiches, pasta pots, fruit, dried fruit, sweet and salted popcorn, cereal bars, chewing gum. **Protein specific:** beef jerky, nut/trail mixes, Greek yoghurt

Hydration

In air pressured cabins the small servings of drinks are not enough to support hydration. Take your own supplies!

Dehydration symptoms: headaches, tiredness or slight constipation

How much to drink? Drink 250ml per hour

What to drink? Water, cordial, Powerade Zero.



Health



Antibacterial Hand Gel – Boosts hand hygiene and limits the spreading of germs! Use before and after having food and after using the toilet.

Vicks First Defence – Reduces chances of catching airborne coughs or colds by keeping the nasal passage moist whilst in the cabin.

Dose: 2 sprays per nostril 30 mins before boarding and another 2 every 4 hrs.

Investigate further....



Follow this link.....



http://www.ausport.gov.au/ais/nutrition/factsheets/travel/nutrition_for_travelling_athletes

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TRAVEL NUTRITION: FOOD SAFETY

Avoiding water borne illnesses



Poor hygiene standards, sanitation and water quality can put you at risk of sickness.

1. Use bottled water for drinking, cleaning teeth and rinsing equipment.
2. Avoid iced drinks as the cubes will be from local water.
3. Coffee and tea is fine as the water is boiled.

Take Milton tablets to sanitize drink bottle and shakers every day
(wash with bottled water).

Minimising food poisoning bugs

1. Only eat foods that have been cooked, can be peeled or washed in safe water.
2. Foods should either be steaming hot or refrigerated and covered with a lid at buffets.
3. Avoid fruit with damaged skin.

Avoid street food and eating out. If you do eat out of the hotel check they look clean and busy & ideally you can see the chefs in the kitchen.



If you get sick!

IMMEDIATELY INFORM YOUR DOCTOR/COACH

1. Avoid contact with other athletes
2. Drink plenty of fluids especially for sickness diarrhea.
3. REST!!

Have a bland diet: Soups are perfect as they provide plenty of nutrients, hydrate you and can add energy with breads. Avoid creamy foods.



Useful food items to take:

- Cereal bars
- Breakfast cereal/Porridge
- Canned Fruit
- Dried Fruit
- Jam, honey, peanut butter
- Biscuits, crackers, rice cakes.
- Coffee & Tea's
- Robinson's Squash'd (cordial)
- Canned beans & spaghetti
- Canned salmon & tuna
- Concentrated fruit juice
- Instant Noodle pots

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