



#BetterThanYesterday

Episode 014: Eating Healthy on the Road

It's always a challenge when you're playing sport on the road to find something that provides your body with the correct fuel that it needs. Here's a quick cheat sheet that will help guide you towards the better options typically available - choose from the options in the 'Better Options' column below and avoid the options in the 'Avoid' column.

As a general rule, try and limit eating out or takeaway to twice per week.

McDonalds®

Better Options	Avoid
<p>Main: (choose one from the list below)</p> <ul style="list-style-type: none"> • Grilled chicken burger • Grilled chicken snack wrap • Chicken and spicy mayo McWrap (grilled chicken) • Filet-o-Fish • Warm grilled chicken salads • Garden salad <p>Extras:</p> <ul style="list-style-type: none"> • Fruit bag <p>Breakfast:</p> <ul style="list-style-type: none"> • English muffin with 1 jam • Toasted Bagel <p>Drinks:</p> <ul style="list-style-type: none"> • Water <p>Dessert:</p> <ul style="list-style-type: none"> • Plain ice-cream cone 	<p>Main:</p> <ul style="list-style-type: none"> • All other burgers • Bacon added to burgers • All other wraps • Chicken nuggets • Dipping sauces • Crispy chicken <p>Extras:</p> <ul style="list-style-type: none"> • Fries <p>Breakfast:</p> <ul style="list-style-type: none"> • All other breakfast options and hash browns <p>Drinks:</p> <ul style="list-style-type: none"> • Regular and diet soft drinks • All McCafe frappes, Iced coffees, etc. • Juice and thickshakes <p>Dessert:</p> <ul style="list-style-type: none"> • All other desserts

Hungry Jacks®

Better Options	Avoid
<ul style="list-style-type: none"> • Whopper Jnr • Tendergrill Peri Peri (burger or wrap) • Chicken Nuggets (4-6pack) • Water • Plain ice-cream cone 	<ul style="list-style-type: none"> • Chips • Onion rings • All other burgers / baguettes / wraps • Regular and diet soft drinks and frozen soft drinks • Juice • Milkshakes • All other desserts

KFC® - Avoid if possible as all options are very high in fat and kilojoules.

Better Options	Avoid
<ul style="list-style-type: none"> • Grilled strip salad • Kids grilled mini wrap • Nuggets (6 pack) • Potato and Gravy • Regular coleslaw 	<ul style="list-style-type: none"> • Everything else!

Oporto®

Better Options	Avoid
<ul style="list-style-type: none"> • Quarter chicken with NO skin • Garden and Fresco Salads • Rappa Snacker • Strip pack (4 pieces) • Small mash potato • Small Coleslaw • Water 	<ul style="list-style-type: none"> • Half or whole chicken without skin • Any sized chicken with skin • Any other burgers and wraps • Chips and potato bites • Desserts • Juice and regular or diet soft drink

Subway®

Better Options	Avoid
<ul style="list-style-type: none"> • Mini sub or 6 inch roll or wrap • '6 grams of fat or less' option, such as Veggie delight, Ham, Turkey, Roast beef, Subway Club, Tuna or Roasted Chicken • Lots of salad (lettuce, tomato, carrot, cucumber, capsicum, onion etc) • Salad options • Water 	<ul style="list-style-type: none"> • Foot-long subs • All other subs • Salami, Pepperoni, Bacon • Cheese • All cookies • Juice and regular or diet soft drinks • Smoothies

Pizza

Better Options	Avoid
<ul style="list-style-type: none"> • Pizzas with lots of vegies • Ask for half the amount of cheese on all pizzas • Thin bases • Water 	<ul style="list-style-type: none"> • High fat toppings including: Salami, Ham, Bacon and Pepperoni • Thick, pan-fried or stuffed crust bases • Garlic bread • Juice or regular or diet soft drinks

Chinese/Thai/Vietnamese

Better Options	Avoid
<ul style="list-style-type: none"> • Dishes with lots of vegetables that have been steamed or boiled. • E.g. Beef and black bean, Chicken and cashew nut, Sweet chili, Pad Thai, Mongolian lamb etc. • Small portions of plain boiled rice or fried rice • Steamed Dim Sims or short/long soup for entrees • Water 	<ul style="list-style-type: none"> • Dishes with meat/vegies that have been deep fried (battered) – E.g. sweet and sour pork, honey chicken • Satays and Curries • Coconut milk based sauce/soup • Pastries such as curry puffs, fish cakes and spring rolls. • Juice or regular or diet soft drinks

Sumo Salad®

Better Options	Avoid
<ul style="list-style-type: none"> • Sumo salads are generally good options in comparison to other take-away outlets. Choose the salads that have: <ol style="list-style-type: none"> 1. Plenty of GREEN leaves and salad vegetables <p style="text-align: center;">AND</p> <ol style="list-style-type: none"> 2. A serve of lean protein (like grilled chicken, or lean beef strips) <p style="text-align: center;">AND/OR</p> <ol style="list-style-type: none"> 3. Low GI carb like chickpeas or lentils 	<ul style="list-style-type: none"> • Wraps • Toasties (focaccias) • Lots of cheese • High fat additions like chorizo, bacon etc. • Lots of creamy or oily dressings

Red Rooster®

Better Options	Avoid
<ul style="list-style-type: none"> • Classic roast with vegetables (take skin off chicken) • Garden salad • Roast vegetables / Peas / Corn • Regular potato and gravy or coleslaw • Water 	<ul style="list-style-type: none"> • All other roast chickens, nuggets, crispy strips • All burger/wraps/baguettes • All other sides (Chips, Garlic Bread etc) • Juice or regular or diet soft drinks • All desserts

Boost Juice®

A Boost Juice could be suitable for a morning tea or afternoon tea snack, occasionally. But be careful because they are reasonably high in Carbohydrates.

Better Options	Avoid
<ul style="list-style-type: none"> • The SMALL/KIDS sized cup • Low fat smoothies: <ul style="list-style-type: none"> - Lite Strawberry Squeeze - Lite All Berry Bang • Super Smoothies: <ul style="list-style-type: none"> - Watermelon • Green Smoothies <ul style="list-style-type: none"> - Grape Escape - Caribbean Green • Green Juices <ul style="list-style-type: none"> - Vegie Garden - Mint Condition • Any of the "Juices" range • Protein smoothies <ul style="list-style-type: none"> - Taut n' toned • Dairy free crushes <ul style="list-style-type: none"> - Lemon crush - Watermelon crush 	<ul style="list-style-type: none"> • The MEDIUM or LARGE sized cup • All other drinks

Italian

Better Options	Avoid
<ul style="list-style-type: none"> • Minestrone/vegetable soups • Small or entrée serves of pasta • Pasta with tomato or vegetable based sauces • Grilled fish or other seafood • Lean meat or chicken • Salads • Water 	<ul style="list-style-type: none"> • Pasta with cream based sauces • Creamy soups • Large serves of pasta • Fatty toppings such as salami, pepperoni, cabanossi and bacon • Pan-fried or stuffed-crust pizza bases • Garlic bread • Juice or regular or diet soft drinks

Japanese

Better Options	Avoid
<ul style="list-style-type: none"> • Sushi • Sashimi T • Teppanyaki • Miso soup • Water 	<ul style="list-style-type: none"> • Tempura (seafood and vegetables fried in batter) • Tonkatsu (fried pork). • Juice or regular or diet soft drink

Indian

Better Options	Avoid
<ul style="list-style-type: none"> • Dishes based on rice and dhal (small portions) • Dishes with lean meat if possible • Dishes with lots of vegetables • Small plain Naan bread or chapatti • Only SMALL amounts of dishes made with coconut milk such as creamy curries. • Water 	<ul style="list-style-type: none"> • Cheese or garlic Naan bread • Rice and Naan bread together (just have a small portion of one or the other) • Curry puffs • Poppadum • Lamb korma • Butter chicken • Samosas • Juice or regular or diet soft drinks

Lebanese/Greek

Better Options	Avoid
<ul style="list-style-type: none"> • Grilled lamb, beef or seafood (but avoid eating all of the oil left on the plate) • Vegetable or chick pea dishes (e.g. falafel) • Side serves of vegetables to complement the meat and Lebanese bread • Shish kebabs, souvlaki, pita bread rolls • Add extra salad to kebabs and reduce meat if possible • Water 	<ul style="list-style-type: none"> • Juice or regular or diet soft drink • Sour cream, cheese and creamy sauces on kebabs

Mexican

Better Options	Avoid
<ul style="list-style-type: none"> • Soft breads (such as tortillas, burritos and enchiladas [not fried]) but, ask for less cheese and sour cream and more salad. • Tacos or Nachos with beans instead of meat. Ask for less cheese and sour cream. • Water 	<ul style="list-style-type: none"> • Tacos or Nachos with lots of sour cream, cheese and meat. • Juice or regular or diet soft drinks

Other Takeaway Options

Takeaway	Healthier Choices
Hot Snacks	<ul style="list-style-type: none">• Try to avoid hot take-away foods for snacks as they are almost always high in fat and/or carbohydrate.• It's best to leave these foods for meals, and use the suggestions provided in this handout to assist you in choosing the best options.• If you think you'll need a snack between meals, it is best to take snacks with you from home, such as some nuts or fresh or dried fruit.
Chicken	<ul style="list-style-type: none">• Remove the skin from BBQ chicken.• Avoid battered, crumbed or deep fried chicken (e.g. schnitzels and nuggets).• Have salad or vegetables with chicken instead of fries.• Get Organic or Free Range chicken as much as possible.
Burgers	<ul style="list-style-type: none">• Choose plain hamburgers without the "works" or "extras" such as cheese, eggs or bacon.• Ask for extra salad.• Veggie burgers and grilled chicken burgers are good choices (avoid cheese and fried chicken).• Grilled steak & onion sandwich with salad is a better choice.• Ask for fish to be grilled, rather than battered and fried.
Seafood	<ul style="list-style-type: none">• Avoid battered fish, chips, scallops, calamari, prawn cocktails and crabsticks.• Grilled fish is better than battered or crumbed.• Choose fresh oysters instead of Kilpatrick or crumbed.
Jacket potatoes	<ul style="list-style-type: none">• A great high fiber meal, especially if you eat the skin.• Add lots of vegetables and a small portion of guacamole for fillings.• Limit sour cream and cheese.• Request no added butter or margarine.
Sandwiches and rolls	<ul style="list-style-type: none">• Try mustards or avocado instead of butter and margarine.• Use small amounts of mayonnaise and other creamy sauces.• Choose lots of salad fillings.• Choose lean meats (e.g. chicken breast, turkey, corned beef).
Salads	<ul style="list-style-type: none">• Most are healthy choices.• Use a small portion of salad dressing for flavor.• Vinaigrettes or citrus based dressings, or dressings based on Olive Oil are the best.• Avoid croutons and bacon bits.
Drinks	<ul style="list-style-type: none">• Choose water, soda water or plain mineral water.• Avoid regular and diet soft drinks, cordial, juice and full fat milks.
Desserts	<ul style="list-style-type: none">• Choose fruit or a single scoop of vitari, sorbet, gelato, ice cream or yoghurt.• Avoid high fat or high sugar foods (e.g. sweet pies, pastries, cream, chocolate).

We hope this information assists you to become better than yesterday. For more great training or nutrition information be sure to consult one of our performance experts at Enliven Nutrition Performance Division, who can provide remote assistance to athletes from any level.

Jason Varoxis
BHlthSc (Nutr&Diet) Hons, APD, AN, ASD
ISAK Accredited Sports Dietitian

Visit www.enlivennutrition.com.au for more health and nutritional information.