



## Best Fast Food Restaurant Choices

The reality is that when feeding a team on the road, fast food restaurants provide convenience at an affordable price. Below are good choices for meals on the road.

### Restaurant Tips:

- Focus on carbohydrate, minimizing protein, fiber, and fat. This means look for sandwiches or wraps that provide carbs from a bun or tortilla. Choose sides of potatoes (not French fries), fruit, baked chips, breadsticks, or pretzels. Rice and pasta dishes are also good options, but limit the creamy sauces.
- If the pregame meal is breakfast, choose foods such as cereal, pancakes, waffles, and bagels. Limit or avoid greasy foods like sausage and bacon; go easy on eggs.
- While vegetables are an important part of an overall healthy diet, most provide little carbohydrate, and a salad should not be the main course of a pre or post- game meal.
- Avoid fried foods and greasy burgers.
- If eating dessert, look for lower fat options, such as frozen yogurt. But this is not the time to choose sugar-free options.
- Choose water, tea, or a sports drink (if available) as the beverage.
- Pizza is often convenient to order for delivery to the gym after a game. While pizza provides carbohydrate, it is also high in fat and does not have the best protein source for recovery. If you are ordering pizza for your athletes, be sure to provide a shake first in the locker room so the pizza is not their only source of recovery nutrients.
- Many sandwich restaurants will deliver, too. You can plan your recovery meals by scouting locations near your opponent's gym!

## Fast Food Meal Options:

### Burrito:

Choose a chicken or pork burrito with rice and beans, light cheese, little or no sour cream or guacamole.

### Pasta:

Choose lower-fat options; for recovery meals choose dishes that include a protein such as chicken.

### Sandwich:

Choose lower fat items, avoid fried meats and bacon, go light on condiments such as mayo. Have apples, baked chips, or pretzels as a side.

### Burgers:

While fast food burger chains might not seem like the best option to fuel athletes, it is a reality for many teams. Choose a grilled chicken sandwich, baked potato, apple slices or a fruit smoothie.

### Buffet:

If you take your athletes to a buffet, educate them to avoid fried foods and choose grilled meats, potatoes, pasta, rice, and breads. Go easy on gravy and dressings.