

If you make wise choices, you can eat foods suitable for a sports diet at most quick service food outlets.

IMPORTANT: Be prepared. You must pack your workout bag with supplemental carbohydrates, such as fruit, pretzels, sesame snaps, bagels, pita, crackers, dried fruits, sport drinks, juice, energy bars or granola bars. If you do end up with only high fat options, you'll at least be able to add on the carbs your muscles need for energy.

Best bets for fast foods that will fuel your body include the following options:

Fast Food Breakfasts for Athletes

1. **On the road**, pancakes with syrup or fruit, orange juice & milk at a family restaurant or fast food place.
2. McDonald's cold cereal, juice and an English muffin with jelly and peanut butter, hot chocolate.
3. Find a **deli or bagel shop** with whole-grain bagels, fresh fruit, juice, and yogurt. A little low fat cream cheese or peanut butter and/or jam can complete the meal.
4. If you are **staying at a motel**, save yourself time, money and temptations by bringing your own cereal, dried fruit, and spoon. Either pack powdered milk or buy a small container of milk at the corner store. Use a water glass or the milk carton for the cereal bowl.

Fast Food Lunches and Dinners for Athletes

1. Find a deli that offers a sandwich with more bread than filling. For example, a **large whole-wheat submarine roll** provides far more carbohydrates than does a small pita. Add moistness with light salad dressings, mustard, tomatoes, and lettuce. Best meat fillings: **roasted chicken, turkey, ham, and roast beef**.
 2. Hearty bean soups, including **minestrone, lentil and split pea soups**, accompanied by **crackers or crusty rolls** provides a satisfying, carbohydrate-rich low fat meal. Chili, if not glistening with a layer of grease, can also be a good choice. For example, a Wendy's **large chili with 8 saltines** provides about 400 calories, of which only 25% are from fat. (Ideally, meals should be <30% fat.)
 3. **Grilled chicken sandwiches** are fine, except for the special sauces. The 29 grams of fat in the BK Broiler makes it almost as fatty as a double cheeseburger. Wipe that mayo off! (Or request no mayo.)
 4. Athletes with big appetites should order **2 small burgers** (each with a roll) rather than a double burger with 1 roll. **Dab the patty with a napkin** to remove excess grease. Boost your carbs with fluids such as juice, soft drinks and low fat shakes.
 5. Better than burgers, satisfy your meat craving with a **lean roast beef sandwich**. For only 260 calories, you can get a large roast beef sandwich (< 5 grams of fat.) which is preferable to the 260-calorie McDonald's hamburger (> 5 grams of fat).
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6. At a **salad bar**, be generous with the colorful vegetables, chick peas, kidney beans, pasta salads and hearty breads, and carefully choose light dressings. Beware of high-fat options such as caesar salads, croutons and mayonnaise-laden potato salads.

7. Order two **baked potatoes**, one plain and one with a topping. For example, at Wendy's, by splitting the Broccoli & Cheese topping (14 grams fat) between two spuds, you end up with a hearty 770 calorie, carbohydrate-based meal that fuels your muscles. For added protein, drink a glass of low fat milk.

8. Order **pizza** that's thick with extra crust and is **light on cheese**. For example, one slice of Pizza Hut's pan pizza (260 calories) has 10 more grams carbohydrates than does a slice of their thin 'n crispy pizza (200 calories). Pile on **veggies** (broccoli, peppers, mushrooms, onions) for a vitamin boost. Add **lean meat** such as ham or chicken for more protein. Dab off excess grease with a napkin.

9. Roasted, rotisserie or grilled chicken is preferable to fried chicken. Do not eat the skin. By removing the skin and wing from a KFC Rotisserie Gold Quarter Breast, you remove 13 grams of fat and 115 calories. If fried chicken is your only option, get the larger pieces, peel off the skin, and eat just the meat. For carbs, order extra rolls, potatoes or baked beans; include nutrient-rich carrots, squash, spinach or broccoli. Although the vegetables are sometimes buttery, you can still eat them but eat lower fat foods at other meals.

10. Low fat frozen yogurt is fun, refreshing, and carbohydrate-rich. **Regular yogurt** has far more nutritional value.

Adapted from Nancy Clark's Sports Nutrition Guidebook, 1997.
