

# PERFORMANCE EATING ON THE GO

Ensure you are fueling properly and safely when traveling by eating nutritious foods.

## FOOD SAFETY TIPS: DELIVERY/TAKEOUT

- **Order** from restaurants that offer curbside pick-up whenever possible
- **Practice** social distancing and wear a mask if you choose to eat out
- **Avoid** buffets, salad bars, soft-serve dispensers
- **Opt for** bottled or canned beverages whenever possible
- **Remove** food from the takeout containers and use your own plate/bowl
- **Use** your own utensils and napkins rather than those provided by restaurants

## RESTAURANT RECOMMENDATIONS

Build well-rounded meals while on the go by incorporating some of these healthy options on your plate:

<u>INCLUDE PROTEINS</u>	<u>ADD CARBOHYDRATES</u>	<u>MIX IN PRODUCE</u>	<u>CHOOSE HEALTHY FATS</u>
<ul style="list-style-type: none"><li>• Eggs</li><li>• Lean meats</li><li>• Poultry</li><li>• Fish or seafood</li><li>• Cheese</li><li>• Plant-based proteins (such as tofu or beans)</li></ul>	<ul style="list-style-type: none"><li>• Rice</li><li>• Pasta</li><li>• Potatoes</li><li>• Corn</li><li>• Tortillas</li><li>• Bread</li><li>• Quinoa</li></ul>	<ul style="list-style-type: none"><li>• Grilled, roasted or sautéed vegetables</li><li>• Mixed bowl with added vegetables</li><li>• Vegetable omelet</li><li>• Vegetables in a stir fry or fried rice</li><li>• Spaghetti sauce</li><li>• Meat and vegetable kebabs</li><li>• Vegetable pizza</li><li>• Vegetable or minestrone soup</li><li>• Chilis and stews</li><li>• <i>Note: Produce can provide fluid, fiber and phytonutrients.</i></li></ul>	<ul style="list-style-type: none"><li>• Avocado</li><li>• Olive oil</li><li>• Nuts</li><li>• Seeds</li><li>• Nut butters</li></ul>