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:

INCLUDE PROTEINS	ADD CARBOHYDRATES	MIX IN PRODUCE	CHOOSE HEALTHY FATS
 Eggs Lean meats Poultry Fish or seafood Cheese Plant-based proteins (such as tofu or beans) 	 Rice Pasta Potatoes Corn Tortillas Bread Quinoa 	 Grilled, roasted or sautéed vegetables Mixed bowl with added vegetables Vegetable omelet Vegetables in a stir fry or fried rice Spaghetti sauce Meat and vegetable kebabs Vegetable pizza Vegetable or minestrone soup Chilis and stews Note: Produce can provide fluid, fiber and phytonutrients. 	 Avocado Olive oil Nuts Seeds Nut butters

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