



# Eating on the Run



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## When planning may not be possible?

Grabbing food on the run, and takeaway meals are a large part of a players' lifestyle. The daily routine of training, working as well as social and family commitments can leave very little time to actually plan and organize healthy meals, however the requirements on players to ensure proper hydration and dietary patterns are adhered to means players know they can't just eat anything.

Good habits will always stand a player in good stead. Bringing the right snacks to training, eating plenty of fruit and vegetables each day, eating regular meals, getting up and having breakfast in the morning, taking a drink with them to training so they've always got fluid, all of these are very important.

Giving players information to make informed food choices will ensure that the player can make the right choice even when the choices may be limited. One of the most important things a player can do is not allow hunger to take over.

When choosing their meals there are a couple of things for a player to consider:

- Variety

Eating more types of food will ensure

that more nutrients are consumed. A diet that consists of the same foods day in day out may result in the players becoming deficient in one or more nutrients.

- Wholesomeness

Where possible choose fresh, wholegrain or wholewheat foods with little or no processing.

- Moderation

Instead of labelling foods as either good or bad, remember that there is room within a diet for all food types, once you realise what your body needs at any particular time. Allowing a rest day or a meal where you can choose something that you normally would not choose will encourage commitment to the overall nutrition plan.

Players should becoming fussier with choices they make when at restaurants or grabbing food after training. Players should choose meals that focus on carbohydrate, such as rice, pasta or potatoes. Low fat carbohydrate based meals with some protein such as chicken or fish provide a great choice.

### Away Games

When players travel to games, or stay overnight on training weekends, coaches should make contact with the hotel beforehand to ensure that foods such as pasta with vegetable based sauces, lean meat and vegetables,

bean dishes with rice and fruit crumbles are available for the players at meal times. Buffet type serving options are also popular as the players can adapt their meal through taking additional portions of the foods that they like best. In this case it is best to avoid creamy sauces request that the hotel substitutes chips with vegetables and salad.

### Snacks to Pack

For players with busy lifestyles who have little time to plan for meals, or due to work commitments may not know exactly when they are able to break for a meal bringing a number of snacks to eat during the day is a good alternative. Players can consume 5 or 6 small meals per day instead of 2 or 3 larger meals. Planning for snacks removes the temptation to make poor food choices when little alternatives are available.

Good choices for snacks include:

- Fruit—especially apples, bananas, oranges
- Tuna, Turkey, Chicken or Ham roll or sandwich
- Cheese and crackers
- Energy bar or sports drink
- Dried fruit mix—dried bananas, nuts, apple, raisins
- Milk

## Take Away Foods

Often players are left with no option but to resort to takeaway food choices. Pressures of work, training, social and family life mean that players will be forced from time to time to opt for takeaway meals. This in itself need not be an issue for coaches and players.

If players choose restaurants or deli's that allow your own order instead of those that serve standard products, players can make the most of a difficult situation. Sandwiches with plenty of salad, lean meat and cheese, hamburgers with grilled meat and plenty of salad, Asian dishes with steamed rice

and stir fried vegetables make great examples of sensible food choices when eating out.

Players can become familiar with certain takeaway establishments where they know they will be able to make substitutions and have access to healthy options. Food establishments that offer good healthy food choices are becoming increasingly popular by much of the public, and this can help ensure that players food choices are not restricted when they are eating on the run, or unable to plan meals in advance.

Type of Restaurant	Food Choice	Drink Choice
Deli	Turkey, Ham, Tuna Salad with Whole-wheat/wholegrain bread	Water, Milk, Fruit Juice
Pizza	Chicken, Ham, Vegetables on a thin base	Water, Milk, Fruit Juice
Burger/Chips	Single burger, Grilled Chicken Sandwich, Salads	Water, Milk, Fruit Juice

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