



# YOUR NUTRITION GAMEPLAN



## Eating On the Fast Track

Gotta eat, but don't have much time? Quick service restaurants, vending machines and convenience stores are a reality for many athletes. Is eating "fast food" a nutritional catastrophe? No, its possible to eat a balanced diet when "eating on the go," but it takes some planning. To find out if your diet is heading in the right direction on the fast track, take this quiz.

Most of my meals contain at least three different foods.....	True	False
Over the course of a week, my meals consist of at least 10 different foods	True	False
I plan what I'm going to eat before I get hungry	True	False
I keep non-perishable foods with me so I m never caught without food if I'm hungry	True	False
I make sure I get at least 6 servings of breads and cereals each day	True	False
I try to choose foods based on what else I've eaten that day so I can round out what my body needs	True	False
I try to get at least 3 servings of milk, yogurt or cheese at meals or snacks each day	True	False
I keep water, juice, milk or other beverages close at hand throughout the day	True	False
I make sure I eat at least 2 servings of meat, poultry, fish, dairy products, legumes, eggs or nuts each day	True	False
I eat at least 5 servings of fruits and vegetables each day	True	False

**Give yourself 5 points for each statement you marked "true."**



45 to 50 .. ... You have mastered eating on the go  
 30 to 40..... You are avoiding major hazards  
 20 to 25.....High risk for nutritional derailment  
 < 20.. .....Warning! Nutrition catastrophe!



In the world of nutrition nirvana, food choices would always be based on what's "good for us." In reality, research shows that most of us make food choices based on preference, cost and availability. In other words - tasty, affordable, convenient foods tend to be the mainstay of many diets.

But making food choices based only on these criteria can lead to "nutritionally challenged" diets. Making sure your body gets its share of the essential nutrients takes effort, but that's what athletes need to do. Your choices determine whether your diet stays in balance when eating on the fly.

