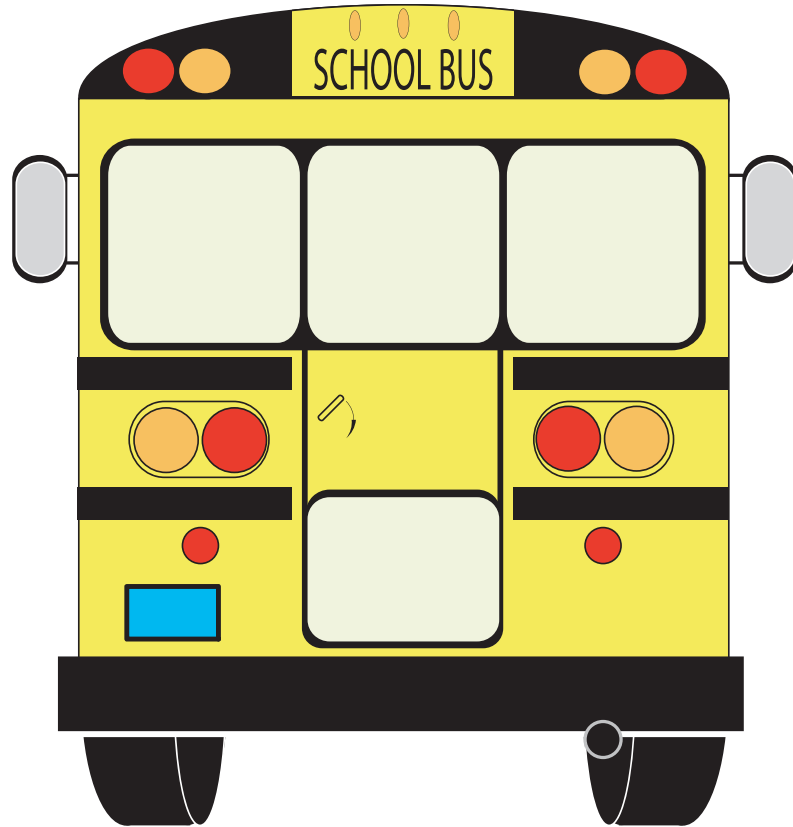




THE UNIVERSITY OF ARIZONA
Cooperative Extension



HEALTHY MEALS ON THE GO



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THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE AND LIFE SCIENCES
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This information has been reviewed by university faculty.

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When traveling to games or tournaments, fuel your body to perform its best by choosing the healthier menu options at sit-down and fast food restaurants.

Restaurant Specific Suggestions			
<p>American</p> <ul style="list-style-type: none"> • Grilled turkey, chicken, or fish • Veggie burger • Baked potato • Vegetable salad • Low-fat Milk • Fruit cup or smoothie 	<p>Mexican</p> <ul style="list-style-type: none"> • Soft corn or flour tortillas • Chicken or bean burritos or soft tacos • Fajitas with veggies • Sides: rice, salsa, beans or totilla soup, extra tomato and lettuce 	<p>Italian</p> <ul style="list-style-type: none"> • Pasta w/ marinara, red clam, or tomato sauce • Cheese pizza w/ veggies • Minestrone soup • Veggie salad w/ Italian dressing • Low-fat milk 	<p>Cafe</p> <ul style="list-style-type: none"> • Pancakes; bagel or toast • Veggie soup • Whole grain cereal • Low-fat milk • Turkey, ham or chicken sub w/ veggies • Fruit cup or fresh fruit



Look for These Healthy Buzz Words to Guide Your Food Choices:

broiled steamed poached garden-fresh in its own juice
tomato sauce roasted stir-fried stuffed with vegetables grilled

Au Gratin
Butter Sauce
Creamed
Creamy
Crispy
Fried
Gravy

Alfredo Sauce
Cheese Sauce
Creamy Sauce
Pan-fried
Special Sauce

Watch out!

Foods prepared by these methods can be too high in fat and weigh you down during exercise.