



EATING WHEN TRAVELLING

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The essential things you should think about when deciding where and what to eat while you're travelling to a race or on a riding holiday.

Races are often not just on your back door step. Travelling to races, or to explore on your bike, are a fantastic way to see the country (or the world!), but how do you know what to eat when you don't have your favourite haunts around the corner and your kitchen at your convenience?

From a performance point of view, where and what you choose to eat can have a huge impact on how you ride or race. Get it wrong and you can be in all sorts of strife. Get it right though, and you'll have the legs to race at your best or ride the trails you have travelled for.

FIRST THINGS FIRST...

Whenever possible, try to stick with foods you know and regularly train on at home. Use the local supermarkets and the kitchenette in your hotel if you can, especially the morning of the race. Familiar foods are your friend! There will be plenty of time to try exciting new dishes after you're done.

PLAN AHEAD

With most towns or cities, you'll be spoilt for choice. The trick is to pick the restaurant and meal that will keep you on track with your nutrition goals. Let your fingers do the walking and research the options in the area first. Check the menus, cooking styles, opening hours and hygiene (nothing like Delhi belly to put you out of action). Use recommendations, review sites, and any event organisers to help you find something suitable. You can always ring and discuss any special requirements with the restaurant before you go.



BASIC RULES FOR EATING OUT

These basic rules work for eating out when travelling and just as well for eating out while you're at home. Use them to make the best choices you can and you'll fuel your legs properly, reduce adding any extra kilos and get the best performance you can out on the bike.

Go with carbs. Choose meals that are based on carbohydrates like pasta, rice or bread (ideally about half your plate). These are going to top up your fuel stores to help with pre-race fuelling or recovery during a multi-stage event. You can always order sides of baked potato, rice or bread to up the carb portion of a meat, chicken or fish-based meal.

Avoid the cream and oil. Opt for meals that are plainer and lower in fat to help with digestion and avoid any gut trouble the next day. Go for tomato-based sauces (rather than creamy), and meals with only small amounts of cheese, butter or oil. Ask for black pepper, tomato sauce, salsa or lemon and balsamic rather than buttery sauces and creamy dressings. It is always a good idea to ask for your dressing on the side so you can add just a small portion.

Veg out. Order side serves of vegetables or salad if they don't come with the meal. Try to make a quarter of your plate vegetables or salad.

Desserts are not compulsory (I know I know...). Try to keep your overall nutrition goals in mind. If you're watching your weight, finish up with a fruit platter or a skim hot chocolate. If you need more fuel, go for carbohydrate rich desserts like rice or bread and butter pudding, sorbet, fruit salad or fruit crumble and custard.

A bit of salt can be your friend. If you're doing a multi-day ride, or you're riding in really hot conditions, choosing foods with a bit of salt will help to replenish any electrolytes lost during the days' hard work. Most restaurant foods will be more salty than home cooked so you don't usually have to try too hard with this, but feel free to add a bit of salt and pepper at the table.

Don't forget to drink! Always have a full water glass at the table to help with your hydration. If you know you need a bit more carbohydrate to top up your fuel stores, fruit juice or even soft drink can be a good option.

GO-TO OPTIONS

Pasta with tomato-based pasta sauces such as Napoletana, marinara and bolognese. Pizzas can be a great option especially when you choose your own toppings. Just try to avoid too much oil and excessive amounts of cheese. Thai or Vietnamese stir-fries with lots of steamed rice or noodles (just go for the hokkein, rather than rice noodles so you get a bit more carbohydrate)

Sandwiches or hamburgers with grilled meat or fish, lots of salad and light on the sauces and creamy dressings.

A non-creamy soup with a big bread roll. Try pea and ham, beef and vegetable or minestrone. Baked potatoes are an excellent takeaway choice. Opt for toppings such as tuna, baked beans, salsa or bolognese sauce.

Kebabs or souvlaki are one of the better takeaway choices, just choose the plainer options and avoid lashings of creamy dressings.



FLY LIKE A PRO.

A long flight can knock you about a bit, which isn't great when you need to get on the bike within a few days of landing. Do try this at home:

Drink drink drink! Buy a big bottle of water once you're through security so you can drink more than just the tiny cups of water they give you on board.

Take snacks. If you don't like what they've served you - you will have an alternative. A muesli bar, dried fruit and nuts, a sandwich or a piece of fruit are all good options.

Sleep as if you had arrived. Avoid jet lag by adjusting your sleep patterns to the country you are travelling to as soon as you board.

