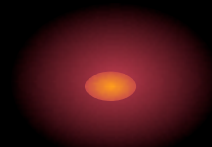


TRAVEL GUIDELINES



- **Bottled water on planes**
 - **Travel with “security” foods**
 - **www.cdcbrasil.com/br**
 - **List of food concerns if traveling to other countries**
 - **Travel with *powdered electrolytes***
 - **Wash hands frequently**
- 

GOOD GUT TRAVEL KIT



- **Nausea**
 - Sports drink powder
 - Candied gingerroot
- **Constipation**
 - Ground flaxseed
 - Fig bars/dried plums
- **IBS/Abdominal Pain**
 - Chamomile tea
- **Diarrhea**
 - Raspberry tea
 - Pectin

BEVERAGE RECOMMENDATIONS



- **Non carbonated⁷**
- **6% carbohydrate solution⁸**
- **No more than 2 L (20-40 oz) fluid/hr**
- **Drink enough**
- **Gulps over sips⁹**
- **Maintenance of a high stomach volume of liquids**

WHAT ELSE TO TELL ATHLETES



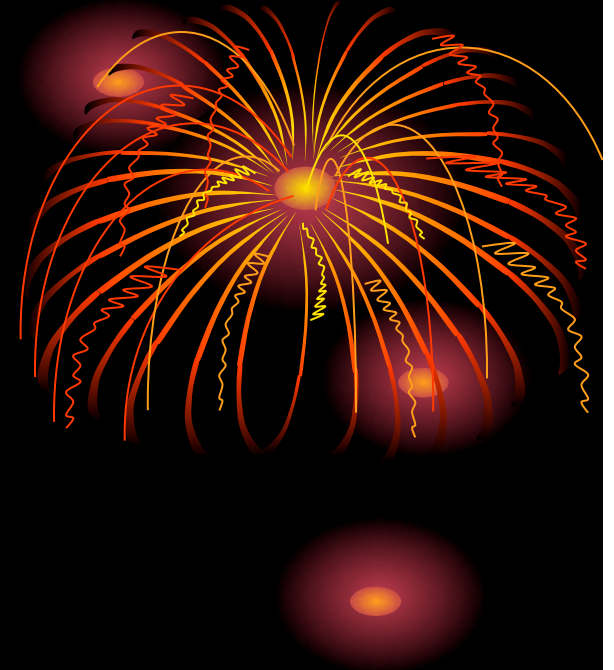
- **Keep a food and symptom log**
- **Ask athletes about GI issues**
- **Experiment with new foods/fluids/
timing in training NOT competition**
- **Liquids may be preferable over
solids**
- **Bring familiar foods to training and
competition**

BOTTOM LINE



- **Capitalize on optimizing eating in the days leading up to competition**
- **Educate athletes on potential gut effects of supplements**
- **Make haste slowly**
- **Train the guts, not just the muscles**
- **Good guts = Happy Athletes!**

CONTACT INFORMATION



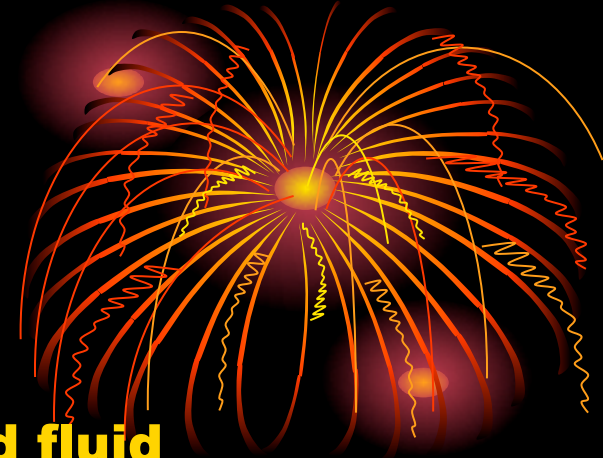
- **Leslie Bonci**
- **Email: boncilj@upmc.edu**
- **American Dietetic Association
Guide to Better Digestion**

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