When traveling to a game, it can be hard to get proper nutrition on the road. Pack healthy snacks and choose more wholesome options at fast food joints to keep you fueled and ready run at the starting whistle.

› **Road Trip Snack Tips**
  - Extra water
  - Granola bars
  - Fresh fruit – apples, bananas, grapes, pears
  - Nuts - peanuts, almonds, walnuts or pecans
  - Raisins and dried fruit
  - Trail mix
  - Whole grain bread
  - Whole grain crackers or pretzels
  - String cheese or individually wrapped cheese
  - Travel size peanut butter or hummus dips

› **Healthy Choices at the Drive-thru**

### McDonald’s®
- Egg McMuffin

### Wendy’s®
- Apple Pecan Chicken Salad
- Mandarin Chicken Salad
- Ultimate Chicken Grill
- Apple Slices
- Plain Baked Potato
- Small Chili
- Grilled Chicken Go Wrap

### Burger King®
- Tendergrill Chicken Garden Salad (No cheese and light Italian dressing)

### Taco Bell®
- Fresco Style Ranchero Chicken Soft Taco
- Fresco Crunchy Taco
- Fresco Grilled Streak Soft Taco
- Fresco Soft Taco
- Regular or Fresco Bean Burrito
- Mexican Rice

### Chick-fil-A®
- Chargrilled Chicken Sandwich
- Sunflower Multigrain Bagel
- Yogurt Parfait with Harvest Nut Granola
- Fruit Cup
- Hearty Breast of Chicken Soup
- Side Salad
- Southwest Chargrilled Salad
- Chargrilled Chicken Garden Salad

### QuickFit Soccer Goals

QuickFit Soccer Goals offers players and parents expert information on how to improve performance and prevent injury during play. With tips from our team of WakeMed sports medicine physicians, therapists and nutritionists, players learn what it takes to perform their best while playing it safe.

www.wakemed.org