Healthy Meals on the Go

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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.

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

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