

# Bicycle Touring Food Ideas

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## Food Ideas

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|----------------|--------------------|-------------------|
| Bagels         | Dehydrated refried | Peanut butter and |
| Bananas        | beans              | jelly             |
| Beans          | Dry cereal         | Powdered milk     |
| Beans and rice | Fig newtons        | Ramen             |
| Bread          | Fruit              | Rice-a-Roni       |
| Cheese         | Granola            | Summer sausage    |
| Chocolate milk | Jerky              | Snickers          |
| Coffee         | Nuts               | Tortillas         |
| Couscous       | Oatmeal            | Trail mix         |
| Crackers       | Pasta              | Tuna              |
|                |                    | Yogurt            |

## Helpful Links

<http://www.biketouringtips.com/searchTips.html?country=&state=&place=&id=Food&subtopic=>  
<http://familyonbikes.org/resources/food.htm>  
<http://www.bikeforums.net/showthread.php?t=495582&highlight=food>  
<http://www.bikeforums.net/showthread.php?t=573338&highlight=food>  
<http://www.bikeforums.net/showthread.php?t=547500&highlight=food>  
<http://www.bikeforums.net/showthread.php?t=530283&highlight=food>  
<http://www.bikeforums.net/showthread.php?t=518767&highlight=food>  
<http://www.bikeforums.net/showthread.php?t=501474&highlight=food>  
<http://www.bikeforums.net/showthread.php?t=387535&highlight=food>  
<http://www.bikeforums.net/showthread.php?t=363723&highlight=food>