

Eating Healthier on the Go



Maintaining healthy eating habits adds up over time, bite by bite.

- **Fuel up with breakfast.** Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus.
- **Snack smart.** Eating out of bags or boxes can lead to overeating. Choose single-serve portions or pre-fill small plastic bags with snacks.
- **Incorporate fruits and vegetables.** Make it a habit and, with each meal, check to make sure you have some sort of produce. Options often found at gas stations include apples, bananas, tangerines, carrots, and celery.
- **Look for keywords.** Choose baked, steamed, grilled, or broiled instead of fried, breaded, crispy, or creamy to reduce fat and calories.
- **Hydrate, hydrate, hydrate.** Keep a supply of water in the truck and drink whenever you feel thirsty. Water is a zero-calorie drink and can help prevent excess snacking. Try a lemon or lime slice to add flavor.

Please discuss your health condition and dietary restrictions with your health care provider before starting a new diet program.

Source: Webmd.com. Breakfast: Is It the Most Important Meal? <https://www.webmd.com/food-recipes/breakfast-lose-weight>. Accessed 06/23/2022.

Source: Cdc.gov. Health - Long-Haul Truck Drivers. <https://www.cdc.gov/niosh/topics/truck/health.html>. Accessed 06/23/2022.

Source: Cdc.gov. Eating Out. <https://www.cdc.gov/diabetes/managing/eat-well/eating-out.html>. Accessed 06/23/2022.

Source: Nutrition.va.gov. Healthy Eating Tips Truck Drivers. <https://www.nutrition.va.gov/docs/EducationMaterials/HealthyEatingTipsTruckDrivers.pdf#>. Accessed 06/23/2022.

Packing meals and snacks can help your health and budget. Keep in mind balance, variety, and moderation.

- **Fruits:** Fresh and canned fruit (packed in its own natural juice or with no added sugar).
- **Vegetables:** Fresh vegetables already washed and cut up in small plastic bags or containers.
- **Breads/Grains:** Whole grain breads and cereals, whole grain crackers, English muffins, and mini bagels.
- **Milk/Dairy:** Low-fat cheeses such as mozzarella, string cheese, low-fat cottage cheese, low-fat yogurt, and skim or 1% milk.
- **Meat/Protein:** Lean meats such as roasted chicken, turkey, ham, and lean roast beef or fish such as salmon and tuna packed in water.

If you plan to grab a bite on the road, look for choices low in added sugars, saturated fat, and sodium.

The Dietary Guidelines for Americans recommend:

- Limiting added sugars to less than 10% of calories per day.
 - 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.
- Limiting saturated fat to less than 10% of calories per day.
 - 200 calories for a 2,000 calorie diet.
- Limiting sodium intake to less than 2,300 mg per day.



Baked Goods → A Square of Dark Chocolate

Dark chocolate, which is made with more cocoa solids than milk chocolate, can be just as satisfying.



Crunchy, Salty Snacks → Nuts

Cashews, almonds, or walnuts provide heart-healthy unsaturated fats. They also have satisfying protein and fiber, along with vitamins and minerals.



Red Meat → Seafood or Hard-Boiled Eggs

Tuna is high in omega-3 fatty acids, which can lower heart-unhealthy fats in your blood and stop plaque from forming in your arteries. Hard-boiled eggs contain protein, vitamin A, vitamin D, calcium, and iron.



White Bread → Whole-Grain Bread or Wraps

Look for 100% whole grains. The fiber in whole grains can help lower cholesterol levels along with your risk of heart attack, stroke, and diabetes.



Frozen Desserts → Greek Yogurt with Fresh Fruit

Nonfat Greek yogurt contains protein, calcium, magnesium, and vitamin B12. Toss in berries or sliced bananas for sweetness and a health bonus.



Soda → Low- or No-Calorie Drinks

Sugar-sweetened beverages are leading sources of added sugars in the American diet. Limiting your sugary drink intake may help you maintain a healthy weight and can contribute to an overall healthy dietary pattern.