

## HEALTHY EATING ON-THE-ROAD

Keeping a healthy diet can be tough when you're always on the road. With little time for exercise and a plethora of unhealthy choices in fast food joints and roadhouses, many truck drivers put themselves at high risk for diet-related diseases.

Fortunately, many trucks are stocked with refrigerators and even freezers. Stocking up on the right foods can make healthy eating on the road easier than you think. Here are some suggestions for portable, pre-prepared, healthy snacks and meals that can help you stay on track, even if you are on the road for an extended period:

### Stock the fridge:

- FRUITS: apples, pears, grapes and berries
- YOGURT with a straw: try Stoneyfield yogurt smoothies in all your favorite flavors
- CHEESE: part-skim mozzarella sticks or Babybel light cheese snacks
- VEGGIES: baby carrots, pre-cut celery, peppers, grape tomatoes, sugar snap peas
- DIPS: hummus (variety of flavors), salsa
- BREAD: Whole wheat bread or pitas
- Deli sliced turkey or lean ham
- Peanut butter (natural) and jelly
- Your favorite condiments: mustard or ketchup
- MEAL REPLACEMENT SHAKES
- DRINKS: water, mini-pack juices and skim milk, sports drinks, diet teas or diet sodas

### Stock the freezer:

- Frozen dinners: Amy's organic, Healthy Choice, Lean Cuisine are some examples
- Frozen hand-held meals: Amy's pockets (roasted veggies, spinach & feta, cheese pizza)
- Frozen burritos
- Reduced fat ice cream sandwiches: Skinny Cow makes a variety of flavors, Smart Ones
- Low-fat fudgsicles
- Frozen berries

### Stock the shelves with these healthy snack-ables:

- Baked whole wheat crackers, like Reduced fat Wheat Thins or Triscuits
- Pretzels, brown rice or popcorn cakes
- Baked chips, like Baked Lays or Soy Crisps
- Dried fruit: figs, prunes, dates, apricots, raisins
- Unsalted dry roasted nuts, seeds, or soy nuts
- Granola bars and energy bars: find your favorite flavors
- Low-sodium instant soups/meals in a cup
- Mini boxes of whole grain cereals

## HEALTHY EATING GUIDELINES:

Make it a habit to have...

- At least 1 vegetable and/or fruit with both lunch and dinner
- Have 2 servings of dairy a day...this can be yogurt, cheese, or skim milk
- Have a balance of carbohydrates and protein at each meal (ex. whole grain bread with turkey, crackers and cheese, veggies dipped in hummus)

IF YOU FIND YOURSELF AT A FAST FOOD JOINT, follow these guidelines for healthier menu selection:

- Order baked or grilled, not breaded or fried
- Watch your portions! Never Supersize. Order small. Wait 20 minutes & if you are still hungry, *then* order something else.
- Order a baked potato (unloaded) instead of fries.
- Order a salad or get a side salad with your meal to get in your veggies.
- Use low-fat dressings (just watch your quantity)
- Minimize use of mayo.
- Drink water!

Also, don't forget about convenience stores or supermarket for a fast food break...many offer pre-made healthier options like wraps, sandwiches, salads, and even sushi. And, don't forget to grab a piece of fruit to go along with your meal!

#### HEALTHY MEAL IDEAS:

##### Breakfast:

- Yogurt smoothie, banana, granola bar
- Meal replacement shake, berries
- Whole wheat bagel, low-fat cheese, pear
- Peanut butter on whole wheat, apple

##### Lunch:

- Amy's spinach and feta pocket, grapes
- Turkey on whole wheat bread, yogurt, berries
- Soup/meal in a cup, baked wheat crackers, apple
- Power bar, banana

##### Dinner:

- Frozen entrée with veggies on the side
- Frozen burrito, baked chips with salsa
- Turkey, ham & mustard on whole wheat pita bread, cup of microwaveable soup, cherry tomatoes

#### SNACKS:

- Crackers and string cheese
- Veggies and hummus
- Brown rice cake and peanut butter
- Celery sticks with peanut butter and raisins
- Pretzels with mustard and fruit
- Whole grain cereal
- Dried nuts and fruit
- Granola bar and fruit
- Fat free fudgsicle

Remember to EXERCISE – take walks during your breaks and do some lunges, squats, push-ups and sit-ups! You can do isometric contractions (bracing your stomach muscles) while you are driving, too!