



NAVIGATING *healthy choices* AT A GAS STATION



ARE YOU HUNGRY OR BORED?

Identify if you are *truly* hungry or if it's the monotony of the road that has you feeling snacky. If you're bored, pass the time with a podcast/audio book, or play a classic road trip game like "I Spy" or "20 Questions."



FIND THE FRIDGE FIRST

Most convenience stores have a cooler section packed with healthy choices like string cheese, hard boiled eggs, Greek yogurts, hummus, and fresh vegetable packs. Head straight to the cooler before you are distracted by the other, *less healthy*, options the store sells.



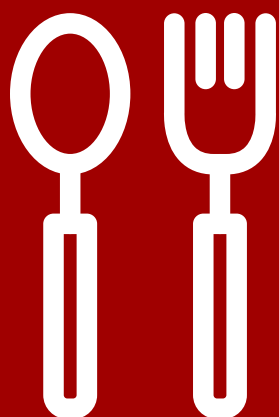
GO NUTS & BEWARE OF BARS

Nuts are the perfect heart-healthy option for a road trip. Choose raw, dry-roasted, or lightly salted over the flavor-coated varieties. Healthy looking bars may not be what they seem and can be packed with processed ingredients. If you want a bar, choose one with a short ingredient list of items you are familiar with (nuts, seeds, dried fruit, etc.).



RETHINK YOUR DRINK

Choose a bottle of water instead of soda. Better yet, bring your own reusable bottle and fill it with ice and water at the soda station. Want something other than flat water? Reach for unsweetened iced tea or sparkling water.



GRAB ALL THREE: P, F, & C

Make a mini-meal with a balance of protein (P), fat (F), and carbohydrates (C) to keep you satisfied until you reach your destination. Try low-sodium jerky (P), with hummus (F) and baby carrots (C) or string cheese (P), almonds (F), and a small bag of air-popped popcorn (C).