

SAFETY BLITZ

HEALTH & WELLNESS

HEALTHY MEALS



HEALTH·Y MEALS

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meals that include a variety of foods that give you nutrients you need to maintain your health.

EATING HEALTHY BASICS

- Healthy meals can be simple with a little bit of pre-planning.
- Poor nutrition from a diet of processed, salty, sugary, and fried foods can contribute to tooth decay, diabetes, obesity, high blood pressure, high cholesterol, and some cancers.
- Many studies support the correlation between an unhealthy diet and depression/anxiety. Healthy food choices will assist with mental clarity.
- Many of your favorite "junk" foods have healthy alternatives.
- A healthy diet makes up the majority of weight loss. The 80/20 rule: 80% of weight loss comes from diet, 20% from exercise.
- There is no perfect diet for everyone. The best diet for you is the one that works for your lifestyle and one you can stick to long-term.
- It is more important to eat real, nutritious foods than to rely on supplements to provide nutrients.

EATING HEALTHY WHILE ON THE ROAD

- **PLAN** your meals. The best way to avoid relying on "quick and easy" fast food options is to plan ahead and meal prep for your time on the road.
- Truck stops offer a variety of healthy meal alternatives. Do your research and you can fuel your body when you stop to fuel your truck.
- Don't skip breakfast, it really is the most important meal of the day. Choose healthy options that will help your energy levels. Avoid sugary foods to avoid an energy crash later in the day, which leads to drowsiness.
- Invest in a portable slow cooker. There are many travel variations on the market. You can make a healthy, hearty meal, all while you drive.
- Find on-the-road recipes you can make with simple ingredients.
- Eat your meals outside. Take advantage of that rest area and soak up some vitamin D while you eat healthy. You can even get in a quick walk and check off multiple health and wellness boxes.



Love's Travel Stops is the nation's leading travel stop network with 644 Love's locations in 42 states. Love's is committed to providing customers with "Clean Places, Friendly Faces" at every stop.

Thank you to [Love's Travel Stops](#) for partnering with our team this year to promote Healthy Lifestyles.



SIMPLE, HEALTHY MEALS FOR THE ROAD

- Breakfast
 - Oatmeal
 - Fresh fruit
 - Low-fat yogurt
 - Cottage cheese
 - Whole-wheat toast with peanut butter
 - Hard-boiled eggs
 - Egg whites (available in a carton for easy cooking)
 - Protein/cereal bars
 - Breakfast Tip: Your breakfast foods should be made up of protein, complex carbs, calcium, and healthy fats. You don't want anything high in sugar as it will lead to a crash later.
- Lunch
 - Tomato and avocado sandwich (tasty add ons: basil or lettuce)
 - Turkey wrap: whole-wheat tortilla, turkey, romaine lettuce, low-fat cheese and mustard
 - Grilled chicken salad with low fat dressing
 - Veggie or turkey burger (hold the mayo, ketchup and cheese, please!)
 - Lunch Tip: Swap out more unhealthy sauces and spreads like mayonnaise for healthy, flavorful ones like mashed avocado, mustard, hummus or pesto.
- Dinner
 - Instead of ordering a large chicken finger box or a large pepperoni pizza at night, make your own delicious and healthy dinner. Suggestion: invest in a slow cooker. You can find both 12 volt as well as traditional AC power slow cookers, so choose whichever is most convenient for your living arrangement. With a slow cooker, you can make meals like pot roast, BBQ chicken, beef stew, and pork chops. Pair them with a canned side such as beans (green, pinto, black, kidney, etc.), spinach or stir-fry vegetables. Low-sodium soup is another healthy and simple truck driver dinner choice.
 - Dinner Tip: Contrary to common American behavior, dinner should be your smallest meal of the day. Stick to smaller portions, and even though you may be on a tight schedule, try your best not to eat dinner too close to bedtime.



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