

SAFETY BLITZ

HEALTH & WELLNESS

HEALTHY SNACKS



HEALTHY SNACKS

/ˈheɪlthē snæks/

small amount of food eaten between meals that include a variety of foods that give you nutrients you need to maintain your health.

SNACKING BASICS

- Healthy snacks can provide boosts of energy if several hours pass between meals and cause blood glucose levels drop.
- Snacking can help curb your appetite to prevent overeating at the next meal.
- Pausing to eat a healthy snack allows you to take a break and reset your body and mind.
- Snacks such as nuts or vegetables can increase the vitamins and minerals your body needs.
- Healthy snack choices can improve dietary fiber, which helps reduce blood cholesterol and lower your chances of chronic disease.
- Frequent emotional snacking (stress, sadness, celebratory, boredom) with poor food choices can lead to poor health and low energy levels.
- 95% of Americans snack at least once a day; 70% snack two or more times.
- Millennials age 21-38 are more likely to snack compared to older generations.

HEALTHY SNACKING WHILE ON THE ROAD

- Planned snacks make it easier to avoid unplanned, "easy" ones such as chips, cookies, or other fatty options on truck stop shelves.
- If you find yourself craving a snack, drink some water (HYDRATE) and then see if you still want food. Understanding real hunger versus cravings helps you be more aware of what your body needs, rather than wants.
- Find snacks with nutrients and antioxidants such as blueberries and nuts to help fuel your body and feel fuller longer with more energy.



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.



ATA COMP FUND
THIRTY YEARS



ALLIANCE INTERSTATE RISK

EASY HEALTHY SNACKS

- Whole fruit:
 - Apples, berries, bananas, oranges or tangerines, cantaloupe, figs, grapes, watermelon and apricots are all good options. Some fruit may require extra storage or preparation, like cutting and storing in smaller units.
- Veggies
 - Veggie options are endless: carrots, celery, broccoli, cauliflower, cucumber, snap peas, cherry tomatoes, peppers (yellow, red, green) and even edamame (soy beans). Celery with hummus (pureed chickpeas) makes a great snack. Prepare your pre-cut veggies at home or in your truck and store in snack size zipper bags.
- Fish
 - Tuna, salmon, sardines and mackerel are packaged in individual serving size containers and don't need to be kept cold. Fish is all protein and high in heart healthy fats.
- Cheese sticks
 - Choose light and low sodium cheese sticks like mozzarella-based ones. They are high in protein and calcium, but can also be high in calories.
- Nuts and seeds
 - Walnuts, almonds, pistachios, soy nuts, macadamia nuts, pecans, sunflower seeds, etc. are all good options, but watch the salt. Choose un-salted if possible. Peanuts are good, too, but contain less protein and more carbohydrates compared to other nuts.
- Eggs
 - Hard boiled or egg substitutes are easy to store and easy to prepare. Pre-peel your hardboiled egg to save yourself the mess when eating. Pre-cook real eggs or egg substitute into scrambled egg patties, add some veggies and heat up when you're ready to eat.
- Smoothies
 - Yogurt-based smoothies will need to be kept cold, but they provide a nutritional punch and include calcium and protein. There are many pre-packaged, commercial brands that can be found at grocery stores, or you can make your own with some of your favorite fruits.
- Trail mix
 - Stick with types that are low in sodium and low calorie.

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<https://bit.ly/3ZDvzTJ>

