

Best Food Options at Gas Stations

Use this quick equation to determine which nutrients you need to keep you feeling full and satisfied: Protein + Fiber + Healthy fat = average of 350 calories, 12-20 grams of protein and 5-10 grams of fiber per meal. Start by anchoring your selection on a protein choice like hard-boiled eggs, milk, yogurt, beef jerky, nuts or peanut butter. Add fiber-rich foods like fresh fruits (usually by the register) and vegetables (usually pre-sliced in the refrigerated section), popcorn, whole grain crackers, oat- or nut-based bars or nuts. Add a healthy fat source like guacamole (yes, many gas stations sell individual packs) or a nut-based food. Wash it all down with a naturally calorie-free drinks like water, coffee or hot tea.

Top picks for food items:

1. **Fresh Fruit** – Bananas, apples, citrus fruits, pre-cut fruit cups, etc
2. **Raw nuts** – Pistachios in shell, Raw or lightly salted Almonds, raw or lightly salted peanuts. Make sure that when you pick up the nuts, the only ingredients are nuts, sea salt, and any natural seasonings. Avoid ones coated in honey, sugar, or palm oil, because while they may be tasty, they take away from the nutritional value of the nuts. **OR IF ALLERGIC – Sunflower Seeds**
3. **All natural popcorn** – Boomchickapop or other minimal ingredient popcorn is preferred.
4. **Greek Yogurt** - Make sure the yogurt you're picking is plain, as it will contain the least amount of added sugars and the most protein.
5. **Peanut butter and nut butter packets** - Portable nut butter packs, like **Justin's**, contain roughly 7g of protein and 10-12g of healthy fats, which will help keep your brain focused for the long ride ahead. Like the yogurts, make sure the packs you're buying are as low in added sugar as possible.
6. **Jerky** – plain beef or turkey jerky is a great protein, just watch the sodium
7. **Vegetable cups (raw veggies)** – pair with hummus or if you like – mustard!
8. **String Cheese (mozzarella)**
9. **Hard-boiled eggs**
10. **Tuna in water**
11. **Protein bars** – be careful with these – make sure they are low sugar variety (RX Bars are a good option)
12. **Oatmeal** – ideally raw oats with minimal sugar added
13. **Ready to Eat Salads** (just go easy on the dressing)
14. **Pre-packaged snack meal** – some gas stations make prepacked snack meals already stocked with veggies, hummus, eggs, and fruit

Beverages:

Best bets when you're trying to keep hydrated (and awake)

1. **Water!** Plain water or waters with electrolytes or coconut water are also fine
2. **Hot tea**- Green or Black teas (with caffeine) are a great option for a caffeinated beverage
3. **Black coffee** – **plain** black coffee is fine for a source of caffeine...try to avoid adding heaping packets of sugar and containers or cream
4. **Sparkling water** - If you really need something bubbly – try a flavored sparkling water.
5. **Unsweetened Tea** – another caffeinated option

