

The Key to Being Healthy on the Road



The healthier you are, the more alert you are. When you are on the road for 600 miles a day it is important to eat healthy and move more. Follow these simple tips when you are out on the road to become a healthier you!

If you are able to eat breakfast make sure it's a healthy one! Eating a good breakfast will help you stay more full and will keep you on track for picking better food options throughout the entire day.

Make sure you stop to eat! Stopping to grab a healthy bite to eat will keep you energized and ready to drive for hours.

Making sure you end your day with a healthy meal, no matter what time it is, will help you refuel and be ready to go on the next long haul!

Healthy "On the Road" Options:

- Egg white omelet with vegetables and shredded low-fat cheese
- Whole wheat bagel or English muffin with cream cheese, peanut butter, or jam
- Whole wheat bagel sandwich or whole wheat tortilla with egg whites, slice of tomato, and Canadian bacon
- Oatmeal with fat-free milk, brown sugar, and raisins
- Vegetable or tomato soup
- Green-leafy salad with grilled chicken, salmon, or tuna
- Sandwich on whole wheat bread with lean roast beef, turkey, or ham, and low-fat cheese with oil and vinegar dressing
- Lean hamburger on whole wheat bun with romaine lettuce, tomato, cucumber, onions, and avocado
- Grilled chicken sandwich on whole wheat bun with a side salad
- Fish tacos with avocado, lettuce, and salsa
- Nachos or tacos with lean ground beef, beans, lettuce, tomatoes, and low-fat cheese
- Spaghetti with whole wheat noodles and vegetable or lean beef tomato sauce
- Salmon with grilled asparagus and brown rice
- Stir fry made with pork, shredded cabbage, water chestnuts, and mushrooms

Snacking is important to keep you satisfied all day long and snacks can be incorporated into a healthy diet!

Always bring along a cooler and pack it with healthy items, such as low-fat/fat-free yogurt and cheese sticks, fruits, vegetables, hummus, black bean, or avocado dips, low-fat milk, 100% juices.

Make sure you have these healthy snack items on hand at all times! Whole grain cereal and cereal bars, instant oatmeal, baked tortilla chips, trail mix, nuts, dried fruit, peanut butter, cans of tuna or chicken.

Healthier Fast Food Options

McDonald's

- Fruit and Maple Oatmeal, Fruit N' Yogurt Parfait, Egg McMuffin, Sausage McMuffin, Sausage Burrito
- Hamburger, Cheeseburger, Premium Grilled Chicken Classic Sandwich—no mayo, Grilled Chicken Ranch Snack Wrap
- Side salad with vinaigrette, fruit and walnuts, apples
- Water, small diet soda, black coffee

Burger King

- Quaker Oatmeal Original, Sausage Breakfast Burrito, Breakfast Muffin Sandwich Sausage and Cheese
- Hamburger, Cheeseburger, Whopper Junior—no mayo,
- Garden salad
- Water, small diet soda, black coffee

Starbucks

- Strawberry Blueberry Yogurt parfait, Spinach, Roasted Tomato, Feta & Egg White Wrap, plain bagel
- Black coffee, tall caffè Americano, hot or iced tea

Taco Bell

- Fresco Chicken soft taco, Fresco grilled steak soft taco, Fresco hard or soft taco
- Black beans, Latin rice, black beans and rice
- Water, diet soda

Subway

- Cheese and egg muffin melt
- 6" Black forest ham, 6" roast beef, 6" turkey breast, 6" veggie delight, chopped salad w/oil and vinegar
- Chicken noodle soup, minestrone soup, vegetable beef soup
- Water, diet soda

Kentucky Fried Chicken (KFC)

- Grilled chicken drumsticks, Whole Wing Original recipe Chicken
- Green beans, plain mashed potatoes, side house or Caesar salad, corn on the cob
- Water, unsweetened tea, diet soda

Wendy's

- Junior Hamburger, Junior Cheeseburger, Grilled Chicken Go Wrap
- Side Salad, plain baked potato, large chili
- Water, diet soda, small vanilla frosty

Arby's

- Chopped Farmhouse salad with roasted turkey, Jr. Roast Beef, Jr. Ham and Cheddar Melt, Jr. Deluxe Sandwich
- Kids size curly fries, potato cakes (2)
- Water, diet soda, black coffee

Get Moving! Even if you only have 15 minutes at a truck stop, get up, get out, and move. You can do these easy simple activities for 15 minutes. Every little bit counts!

Walk or jog around the parking lot, do pushups and sit-ups, mountain climbers and lunges, jumping jacks, hold a plank, take a medicine ball on the road with you and do abdominal exercises, and always stretch!

