

Healthy “On the Road” Nutrition Tips



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 stay active. Follow these simple tips when you are out on the road to become a healthier you!

Breakfast



You need to eat a healthy breakfast to start your day. Making sure you get a nutritious breakfast will help you stay full longer and will keep you on track for picking better food options throughout the rest of the day. Here are some healthy breakfast options:

- Omelet with 1 egg , 2 egg whites, vegetables, and low-fat shredded cheese
- Whole wheat bagel or English muffin with cream cheese or peanut butter
- Whole wheat bagel sandwich with egg whites, slice of tomato, and Canadian bacon
- Oatmeal with fat-free milk, brown sugar, and raisins
- Whole wheat tortilla with eggs, lean ground beef, shredded low-fat cheese, and salsa

Dinner

If you drive during the night, consuming a nutritious dinner is extremely important to keep you awake and ready to go throughout the night. Here are some healthy dinner ideas:

- Fish tacos with avocado, lettuce, and salsa
- Tacos with lean ground beef, beans, lettuce, tomatoes, and low-fat cheese
- Spaghetti with whole wheat noodles and vegetable tomato sauce
- Salmon with grilled asparagus and brown rice
- Stir fry made with lean pork, shredded cabbage, water chestnuts, and mushrooms

Lunch



Lunch may be your most important meal if you are on the road all day long. Making sure you stop to get a nutritious lunch will keep you energized and ready to go for hours. Here are some examples of healthy lunch options while out on the road:

- Vegetable or tomato soup as an appetizer
- Green-leafy salad with grilled chicken, salmon, or tuna
- Sandwich on whole wheat bread with lean roast beef, turkey, or ham, low-fat cheese and oil and vinegar dressing
- Lean hamburger on a whole wheat bun with romaine lettuce, tomato, cucumbers, onions, and avocado
- Grilled chicken sandwich on whole wheat bun with a side salad

Snacking

Snacking is important to keep you satisfied all day long and can be incorporated in a healthy diet. Here are some ways to snack well throughout the day:

- Almonds
- Cheese sticks and low-fat yogurt
- Trail mix with nuts, seeds, and dried fruit
- Apples, oranges, bananas, etc.
- Whole grain pretzels
- 100% vegetable and fruit juices
- Baked potato chips



Nutrition for Truck Drivers

Packing Your Own Food

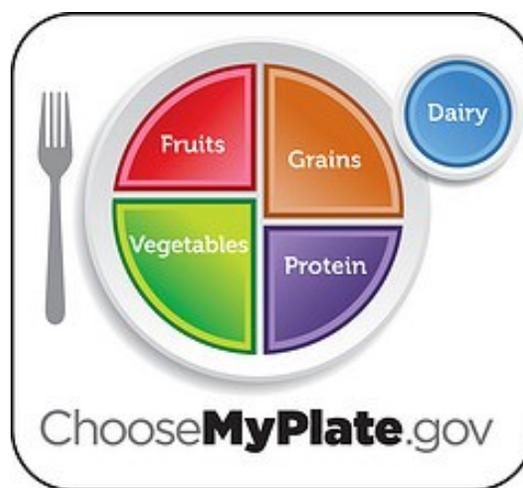
It is possible to take your own food and snacks on the road. Make sure you always have a bag of healthy snacks and a cooler to hold cold items. Here are some food items to include when packing your own meals and snacks:

- Whole grain cereal
- Baked tortilla chips and whole grain pita bread triangles
- Lean beef jerky
- Whole grain cereal and granola bars
- Instant oatmeal packets
- Jar of peanut butter
- Raisins, dried apricots, plums, cranberries, or cherries
- Low-fat or fat-free yogurt
- Lean roast beef, turkey, or ham slices
- Black bean dip, avocado dip, or salsa
- Low-fat cottage cheese
- Cheese sticks
- Packages of carrot or celery sticks and broccoli florets
- Apples, oranges, pears, bananas
- 100% fruit and vegetable juices
- Low-fat or fat-free milk

Things to Avoid

There are certain food and beverage items you will want to avoid while on the road. These things can easily add extra calories that are not needed. Here is a list of things to watch out for:

- French fries from a fast food restaurant
- Sandwiches and salads made with fried chicken or fish
- Mayonnaise on sandwiches and burgers
- Full-fat salad dressing (Ranch, Blue Cheese)
- Potato chips
- Regular soda
- Large burgers from a fast food restaurant
- Donuts, cookies, snack cakes, etc.
- Deep fried items
- Large pizza slices



ALT PERFORMANCE NUTRITION

