
Healthy Eating Tips Truck Drivers

Maintaining a healthy lifestyle can be hard for truck drivers with long hours, lack of exercise and eating meals away from home. However, you can eat a healthy diet and be more active. It takes planning. Making healthy choices may mean better quality of life. Here are a few tips:

- **Consider Buying a Power Inverter.** This would allow you to use a small microwave, a mini refrigerator, or an electric cooler. You could make some of your own meals and healthier snacks. With the money saved from eating out 2 - 3 times per day, it would pay for itself quickly.
- **Plan Ahead.** Packing meals and snacks will help your waistline and budget. Keep in mind balance, variety, and moderation.

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| Fruits | Fresh and canned fruit (packed in its own natural juice or with no added sugar) |
| Breads/Grains | Whole grain breads and cereals, whole grain crackers, English muffin, and mini bagels |
| Vegetables | Fresh vegetables already washed and cut up in small plastic bags or containers |
| Milk/Dairy | Low fat cheeses such as mozzarella, string cheese, farmer's cheese, low fat cottage cheese; low fat yogurt, and small containers of skim or 1% milk |
| Meat/Protein | Salmon and tuna packed in water or low fat meats like roasted chicken, turkey, ham, and lean roast beef |

- **Fuel Up Often (and not just your truck).** Start your day with a balanced breakfast. Eating 3 smaller meals and 2- 3 healthy snacks is a better choice than eating 2-3 large fast food meals each day.
- **Hydrate, Hydrate, Hydrate.** Keep a supply of water in the truck and drink a glass before each meal. It is a zero calorie drink and will prevent excess snacking. Try a lemon or lime slice to add flavor.



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- **Snack Smart.** Eating out of bags or boxes can lead to overeating. Pre-filling small plastic bags with snacks is helpful. Instead of potato chips or candy choose:
 - raw veggies or low sodium vegetable juice
 - fresh fruit, dried fruit, or fruit canned in its own juice or with no added sugar
 - 100 calorie® snack packs
 - low fat granola bar, or high fiber bar
 - low fat or light yogurt (add a high fiber cereal for a creamy but crunchy snack)
 - whole grain pretzels
 - whole grain crackers with a thin layer of peanut butter or reduced fat cheese
 - nuts (be mindful of portion size). A serving of nuts is a small handful (1/4 cup or ~250 calories). Some of the healthier nuts are almonds, pistachios, walnuts, and pecans.
 - Hummus with pita crisps
 - **Walk Break.** After you gas up or use the facilities, walk around the outside of the parking lot. Even a 15-minute walk will help stretch your legs, burn some calories and combat fatigue. Doing this twice a day would be an investment in your health. Be sure you are in a safe area, and are aware of your surroundings.
 - **Shop Around.** If you don't have much room in your truck, you may only be able to bring 2- 3 days worth of food. Take the time to go to a store to restock your cab. It takes time but you are worth it!

