

Snacking Healthy Alert Driving

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

TRUCKER SERVICE ASSOCIATION

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What The Heck?!

Eating healthy is essential for everyone, but it is particularly crucial for truck drivers. The job demands long hours of driving where you are sedentary and eating unhealthy food can lead to low energy levels, cravings for more unhealthy foods, and leave you drained, overfed, and undernourished. Therefore, consuming healthier snacks while on the road can help truck drivers stay energized and focused throughout their journey. The trap that many fall into is, "If it's quick - I'll buy it." This is a slippery slope because many of the quick foods are ultra processed, "dead" foods that provide little, if any, nutrition to the human body. Eating ultra processed foods, which are inevitably sold EVERYWHERE, especially in truck stops and gas stations, fail to satiate the body. This leads to even more eating of unhealthy foods, weight gain, heart disease, diabetes, and many more things down the road.

Jerky

For this month's write up I'll be providing you with many healthy food options and some of my favorite snacks for when I'm traveling. If you can take 60 minutes (at most), do a little planning and a little prepping, you'll be set to start making this your healthiest year on the road.

Jerky is my all-time favorite snack. As with anything, there are good brands out there as well as less healthy brands. Either way, jerky will be a much better snack than ANY candy bar, protein bar, or sweet treat you'll find at the nearest truck stop. Stock up on beef, turkey, chicken, or pork jerky for your healthiest snack option. Some of my favorite brands are Nick's Sticks, Chomps, or PaleoValley meat sticks.

Nick's Sticks



Paleo Valley



Chomps



Yogurts

Yogurts can be a great source of healthy fats, protein and carbohydrates BUT the companies LOVE to sneak in a ton of extra sugar in their products. Yogurt is an easy snack to pack into a cooler and make for a great meal, especially on the road.

I highly recommend buying PLAIN yogurt. For the sake of this conversation, I could care less which brand, just make sure it's PLAIN yogurt. From there you can add in your own fruit; blueberries, raspberries, peaches, strawberries, blackberries, etc. Try adding in chia seeds for some added fiber or pecans and walnuts for some additional healthy fats. You could even add in some nut butter like almond butter, peanut butter, or cashew butter - whichever you prefer.

Many times the store bought fruity versions of yogurt have upwards of 16g (~4 teaspoons) of added sugar per serving! You can significantly minimize the sugar content by adding your own fruit without sacrificing flavor



Overnight Oats

Overnight oats are one of the simplest and easiest meal you can pack for a day on the road. There are numerous recipes out there, but the basic form of this is to place whole grain oats into a mason jar with some milk or nut milk and let soak overnight. The oats absorb the liquid and make them much softer. However, alone, I feel this is a rather boring meal, and I prefer to add any type of berries we mentioned above that you would with your yogurt. You can also add nut butters, nuts and or seeds too. Try a little cinnamon or cacao powder for your favorite chocolate flavoring too. Lastly, think about adding a scoop of collagen protein powder or whey protein powder too for some additional protein to this meal.

20 Overnight Oat Recipes



Deli Meats

This is a fan favorite among millions of people here in the states although many of these sandwiches are lacking nutrition. Luckily, there are a ways to optimize this snack or meal. The first way is to purchase QUALITY bread that's not white bread. I highly recommend EZEKIEL bread - you can find it at almost any store and it's always in the freezer section - it's not sold in the bread aisle. This is a top quality bread that is much healthier for many reasons.

From there, purchase some deli meat that's oven roasted and more lean, such as chicken or turkey breast. I'd personally recommend staying away from or limiting your cured meats like pepperoni or salami. Lay on the meat to your heart's desire!

Lastly, grab your favorite condiments: Mustard, mayonnaise, etc. and apply to your liking. Bonus points if you add lettuce, tomatoes, cucumbers too. I highly recommend using Braggs or Primal Kitchen Condiments.



Meats

I love cooking up meat a day before a trip and then adding some marinara sauce, barbeque sauce, avocado or even an egg to the dish with some sea salt and pepper.

This simple meal will provide the individual with a lot of protein and fats, the 2 main macronutrients that help satiate the body and limit cravings and overindulgences!

Try some beef and avocado, pork and marinara sauce, chicken and barbeque sauce (watch for sugar content in BBQ sauce), or lamb and sour cream.

All of these meals are simple, anyone can make them, can be made in little to no time, they store easily, and can be packed in a cooler taking up little space. And, they will leave you full, satiated, and alert to continue driving.



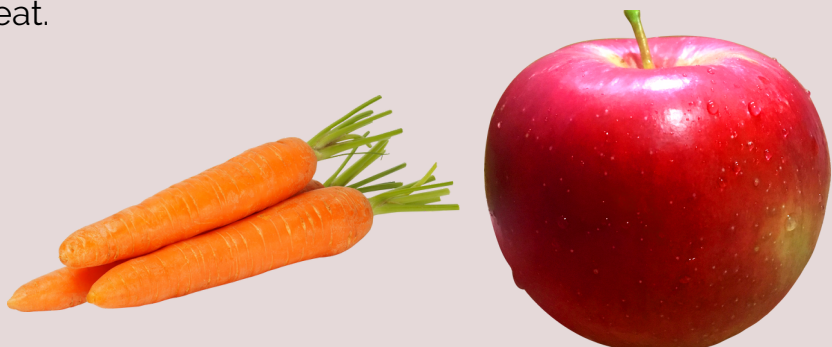
Single Ingredient


ANYTHING that is a single ingredient:

I repeat. Anything that is a single ingredient food will be beneficial to your health!

This is the absolute easiest way to optimize one's health, energy levels, and mood while mitigating all the health risks earlier mentioned. Choose any food that's in its natural state or is a single ingredient food.

Raw carrots, cucumbers, nuts, seeds, fruit, etc. You cannot go wrong with these foods and it's virtually impossible to over indulge and over consume these single ingredient items. At first, if you are currently eating a lot of processed foods, they may not taste as good, but I can guarantee you that the more you eat healthier in your life, the more your taste buds will change to start enjoying healthier foods once again because it's what we have evolved to eat.






Above are some very simple and yet delicious ideas regarding eating healthier on the road. Remember, you have 100% control over your health and what you choose to put into your body.

Choose foods that are health promoting and limit foods that are illness promoting. It can be as simple as asking yourself will this food help me heal or aid in my decline of health? Or is it a single-ingredient food? If so, you're on the right track and soon this becomes the primary way you eat.

Next month we'll go into more meals and snacks to take with you on the road



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