

Low Salt Nuts & Seeds

Low Sodium Jerky



Hard Boiled Eggs

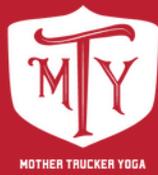


Foods That Fuel On The Go

Fresh Fruit & Veggies



SNACK TIME



Truckstop
Quick
Grab
Guide

You are feeling a bit hungry but aren't sure what to grab. A quick snack is something 200 calories or less. And foods like fruit, nuts, or even a refreshing low-calorie beverage are great ways to fuel your body without overdoing it.

For a quick snack reach for nuts, fresh fruit or veggies, seeds, or low sodium jerky, hard-boiled eggs, or eat your yogurt solo for maximum digestion. And instead of soda consider flavored water, sparkling water, or kombucha if you are looking for something bubbly.

Kombucha, Sparkling Water



Cheese



Tuna



Low-Sugar Trail Mix

