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Top picks for food items:

Fresh Fruit – Bananas, apples, citrus fruits, pre-cut fruit cups, etc

Raw nuts – Raw or lightly salted

All natural popcorn – Minimal ingredient popcorn is preferred.

Yogurt - Plain , as it will contain the least amount of added sugars and the most protein.

Peanut butter and nut butter packets - Portable nut butter packs, contain roughly 7g of protein and 10-12g of healthy fats, which will help keep your brain focused for the long ride ahead.

Jerky – plain beef or turkey jerky is a great protein, just watch the sodium

String Cheese

Hard-boiled eggs

Tuna in water

Protein bars – be careful with these – make sure they are low sugar variety

Oatmeal – ideally raw oats with minimal sugar added

Ready to Eat Salads

Pre-packaged snack meal – some gas stations make prepacked snack meals already stocked with veggies, hummus, eggs, and fruit

Beverages:

Best bets when you're trying to keep hydrated (and awake)

1. **Water!** Plain water or waters with electrolytes or coconut water are also fine
2. **Hot tea-** Green or Black teas (with caffeine) are a great option for a caffeinated beverage
3. **Black coffee – plain** black coffee is fine for a source of caffeine...try to avoid adding heaping packets of sugar and containers or cream
4. **Sparkling water** - If you really need something bubbly – try a flavored sparkling water.
5. **Unsweetened Tea** – another caffeinated option