



NEXT TIME YOU ARE ON THE ROAD CONSIDER THESE HEALTHY SNACKS TO HAVE ON HAND

As you may have discovered, eating healthy out on the road involves quite a bit of planning. Whether it be through pre-packing snacks and food to take with you on the road or planning what items you will reach for when you make your next stop. Here are a few snack options to consider for your next road trip. And don't forget to pack or reach for some vegetables on your next stop to help you get your daily intake of vegetables as well.

Nuts

Nuts are a good source of healthy fats and protein which, will also help to keep you fuller longer and keep you from snacking frequently. With this in mind, CDL Meals offers a variety of almond selections. We invite you to check out the various almonds you can add to your next order.

Oatmeal

Oatmeal is a source of protein, fiber, and has a low-calorie count making it a low-calorie breakfast option that will help you avoid thinking about lunch too early in the day. CDL Meals offers a serving of oatmeal that can be added to your order for a great breakfast option any day of the week, on the road or at home.



Greek Yogurt

Yogurt is another good source of protein, especially the Greek varieties which, can be great for digestion as well.

Fresh Fruit

Fresh fruit is a source of vitamin C and fiber and is available in most gas stations. However, fruit should be consumed in moderation as fruit can be high in sugar. Fresh fruit is a snack that can be paired nicely with Greek yogurt as a breakfast or a snack item.

Popcorn

Popcorn is not at the top of our recommended healthy snack list, but it is still a better option than chips or French fries and helps if you are craving that crunch element.

Low-Fat String Cheese

Buying low-fat string cheese will help to satisfy your craving for cheese without the high in fat content that can make you feel sluggish throughout the day.

Beef Jerky

Beef jerky is high in protein yet, low on sugar. Despite this, it is not an item that is recommended for daily consumption as it is high in sodium and fat. With that said, beef jerky remains a great source of protein that will help you feel full for long periods throughout your day.