

TRUCKER DIET

Eating healthy on a long journey can prove to be quite a challenge. We've made it easy for you to navigate your way around the junk and maintain a healthy meal plan while on a long road trip, helping you to achieve optimal health and even stay alert!

Four things to keep in mind when choosing what to eat

- Eat consistent meals and snacks and monitor your HQ (hunger quotient – determines your hunger level) to help control both your hunger and your calorie intake throughout the day.
- Eat foods in the right proportions of protein, fat and carbohydrates.
- Choose nutrient-dense foods (high-fiber, low sugar carbohydrates, lean proteins and healthy fats) for your meals and snack, which will help to keep you feeling full longer and control portion sizes at meal time.
- Eat appropriate portion sizes of nutrient-dense foods to keep you super satisfied but not stuffed.

Tips to Help You Start the Day Right

- Try to eat breakfast before you get on the road, which may mean eating at odd times if you normally get on the road at 2 am.
- Fill up on lean protein and high-fiber carbohydrates, which will help to keep you feeling full longer and more awake on those early morning drives.
- Eat a mid-morning snack (or a smaller second breakfast) such as fresh fruit to keep you energized and your hunger at bay. Snacking is particularly important to prevent over-consumption at meal time. (Note: try to purchase fresh fruit roadside and you will benefit from locally grown seasonal produce.)

Sample Breakfast Ideas

English Muffin with Peanut Butter

- 1 Thomas' Light Multigrain English Muffin with 2 tsp natural peanut butter

Egg White Omelet

- 3 egg whites; 1 slice reduced-fat cheddar or Swiss cheese; chopped spinach, mushrooms and peppers; 1-2 slices whole wheat toast

Oatmeal

- 1 cup cooked oatmeal (made with 1 cup skim milk); 10 chopped almonds OR 7 chopped walnut halves; 1 cup mixed berries

Tips to Keep You Fueled Throughout the Day

Planning your meals and snacks ahead of time will help to ensure proper food timing and consistent intake of meals and snacks throughout the day. Meals and snacks should be low in saturated and trans fat, low in sugar and high in nutrients such as fiber! Packing meals and snacks in a cooler is a great way to keep perishable food from spoiling, especially in warmer weather.

Sample Healthy Snack Ideas

- Load up on fresh fruits and vegetables.
- Pack part-skim mozzarella string cheese and drinkable yogurt smoothies, which are both excellent sources of calcium and protein.
- Bring baked whole grain crackers, which are a good source of fiber and B vitamins.
- Snack on air popped popcorn instead of greasy chips.
- Pack sandwiches made with whole grain bread and natural peanut butter or lean deli meats such as turkey or ham.
- Snack on turkey jerky, which is high in protein and ideal for someone who craves salty foods.
- Create single-serve bags of almonds, peanuts or walnuts, which are good sources of mono- and polyunsaturated fats.
- Include other non-perishable snacks such as Quaker Instant Oatmeal Packets, Starkist Tuna Pouches, Jolly Time 100-Calorie Pack Popcorn (most rest stops have microwaves), cup-a-soup, snack bars such as Keribars, Luna Bars or Kashi TLC Bars.

Tips for Dining Out at Fast-Food Restaurants

While the most healthy lunches and dinners are those that you make yourself, it is still possible to eat healthy and fuel yourself properly when dining out at fast-food restaurants. Dining out is easy if you choose wisely. Here are some basic tips to help you make better choices:

- Look for high-fiber carbohydrate options such as whole wheat bread.
- Choose leaner sources of protein such as grilled chicken without the skin, turkey breast or grilled fish.
- Order sandwiches such as a grilled chicken sandwich or hamburger with no mayonnaise, dressing or sauce.
- Avoid items that are high in fat such as cheeseburgers, hamburgers, sandwiches with sauce or mayonnaise, fried fish or chicken, loaded baked potato with cheese, sour cream, and/or bacon bits, French fries and onion rings, shakes, soft drinks and Danish pastries and pies.
- Choose items that are lower in fat such as a submarine sandwich with lean deli meat and vegetables, grilled chicken sandwich, small broiled hamburger and a garden salad.
- Order dressings and sauces on the side.
- Order a side salad to go along with your meal.
- Go easy on soft drinks and sugar-laden juices...try substituting with other beverages such as tea, seltzer with a splash of juice, skim milk or, best of all, water.

Sample Fast-Food Lunch/Dinner Ideas

DINER

TOP PICKS

Greek Salad with Grilled Chicken

- Order low-fat dressing on the side, then use 1-2 Tbsp on salad

Veggie Burger

- Substitute whole wheat bread or an English Muffin for a white hamburger bun
- Substitute a garden salad or steamed vegetables for French fries

Turkey Burger

- Substitute whole wheat bread or an English Muffin for a white hamburger bun
- Substitute a garden salad or steamed vegetables for French fries

Egg White Omelet

- Add fresh vegetables and 1 oz reduced-fat cheese such as Alpine Lace Swiss

Seasonal Fruit and Yogurt

- Beware of additional toppings such as granola, which can be very high in sugar and fat

SUBWAY

TOP PICKS

6" Turkey Breast

280 calories

- Choose wheat sub roll
- Add fresh vegetables such as lettuce, tomato, red onions, green peppers
- Add cheese such as Swiss or Pepperjack (2 triangles = 50 additional calories)
- Choose fat-free condiments such as mustard (2 tsp = 5 additional calories)

6" Veggie Delite

230 calories

- Choose wheat sub roll
- Add fresh vegetables such as lettuce, tomato, red onions, green peppers
- Add cheese, such as Swiss or Pepperjack, as a meat substitute (2 triangles = 50 additional calories)
- Choose fat-free condiments such as mustard (2 tsp = 5 additional calories)
- 6" Cheese Breakfast Omelet (410 calories)
- Choose wheat sub roll

STARBUCKS

TOP PICKS

Reduced-Fat Turkey Bacon, Cholesterol-Free Egg, Reduced-Fat White Cheddar Breakfast Sandwich

350 calories

Spinach, Roasted Tomato, Feta & Egg Wrap

240 calories

BEVERAGES

Tall Skim Cappuccino

60 calories

Tall Low-Fat Cappuccino

90 calories

Tall Skim Latte

100 calories

Note: These drinks can be a great snack along with a small handful of walnuts or almonds!

MCDONALD'S

TOP PICKS

Hamburger

250 calories

Grilled Ranch Snack Wrap

270 calories

Grilled Honey Mustard Snack Wrap

260 calories

Grilled Chipotle BBQ Snack Wrap

260 calories

Note: Always ask for NO mayonnaise or sauce on sandwiches; Substitute a side salad (20 additional calories) for French fries; Order Newman's Own Low-Fat Balsamic Vinaigrette for the salad (1.5oz = 40 additional calories)

Premium Asian Salad with Grilled Chicken

300 calories

Premium Caesar Salad with Grilled Chicken

220 calories

Note: Order Newman's Own Low-Fat Balsamic Vinaigrette for the salad (1.5 oz = 40 additional calories)

Egg McMuffin

300 calories

Fruit 'n Yogurt Parfait Without Granola

130 calories

BURGER KING

TOP PICKS

Hamburger

290 calories

Tendergrill Chicken Sandwich Without Mayonnaise

380 calories

Note: Always ask for NO mayonnaise or sauce on sandwiches; Substitute a side salad (15 additional calories) for French fries; Order Ken's Fat Free Ranch Dressing for the salad (2 oz = 60 additional calories); Ask for NO garlic parmesan croutons on the salad

Tendergrill Chicken Garden Salad

210 calories

Note: Order Ken's Fat Free Ranch Dressing for the salad (2 oz = 60 additional calories); Ask for NO garlic parmesan croutons on the salad

Egg and Cheese Croissan'wich

300 calories

SIDE DISHES

BK Fresh Apple Fries

25 calories

WENDY'S

TOP PICKS

Jr. Hamburger

230 calories

Ultimate Chicken Grill Sandwich

320 calories

Grilled Chicken Go Wrap

260 calories

Note: Always ask for NO mayonnaise or sauce on sandwiches; Substitute a side salad (35 additional calories) for French fries; Order Balsamic Vinaigrette for the salad (90 additional calories)

BEVERAGES

Vanilla Frosty Junior

150 calories

Chocolate Frosty Junior

160 calories

SIDE DISHES

Mandarin Orange Cup

80 calories

Small Chili with Saltine Crackers

215 calories

KENTUCKY FRIED CHICKEN

TOP PICKS

Honey BBQ Chicken Sandwich

280 calories

Original Recipe Chicken Breast w/o Skin or Breading

140 calories

KFC Honey BBQ Snacker (210 calories)

Note: Always ask for NO sauce on sandwiches

Roasted BLT Salad

200 calories

Roasted Caesar Salad

220 calories

Note: Order Fat Free Ranch Dressing (35 additional calories); Ask for NO parmesan garlic croutons on the salad

SIDE DISHES

House Side Salad

15 calories

Green Beans

50 calories

Small Corn on the Cob

70 calories

Cinnamon Teddy Grahams

90 calories

Oatmeal Raisin Cookie

150 calories

TACO BELL

TOP PICKS

Fresco Bean Burrito

330 calories

Fresco Grilled Steak Soft Taco

160 calories

Fresco Ranchero Chicken Soft Taco

170 calories

Fresco Soft Taco

180 calories

Fresco Burrito Supreme – Chicken

330 calories

Fresco Burrito Supreme – Steak

330 calories

Fresco Fiesta Burrito – Chicken

330 calories

Regular Style Soft Taco – Beef

200 calories

Regular Style Spicy Chicken Soft Taco

170 calories

SIDE DISHES

Fresco Style Mexican Rice

120 calories

Guacamole

35 calories

Fiesta Salsa

5 calories

Note: When choosing extras, select either guacamole OR cheese OR sour cream

ARBY'S

TOP PICKS

Martha's Vineyard Salad

272 calories

Santa Fe Salad with Grilled Chicken

279 calories

Note: Order Light Ranch Dressing (112 additional calories)

Ham and Cheese Croissant

281 calories

DAIRY QUEEN

TOP PICKS

Hamburger

350 calories

Grilled Chicken Sandwich

370 calories

Grilled Chicken Wrap

210 calories

Note: Always ask for NO mayonnaise or sauce on sandwiches; Substitute a side salad (45 additional calories) for French fries; Order Fat Free Italian Dressing for the salad (15 additional calories)

Grilled Chicken Salad

280 calories

Note: Order Fat Free Italian Dressing for the salad (15 additional calories); Ask for NO bacon bits on the salad

SWEET TREATS

Fudge Bar

50 calories

Vanilla Orange Bar

60 calories

½ cup Vanilla Soft Serve

140 calories

Tips for Increasing Exercise While on the Road

Always travel with the following exercise equipment:

jump rope

- Aim for 100 jumps every time you park at a rest stop

dumbbells (8-10 lbs)

- 10-12 bicep curls (3 sets)
- 10-12 tricep extensions (3 sets)
- 10-12 overhead shoulder presses (3 sets)
- 10-12 standing back rows (3 sets)
- 10 forward lunges (3 sets)
- 10-15 squats (3 sets)

resistance bands and tubes