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GAS STATION GOODIES

Whether headed to a game, tournament, or running between practices, most athletes find themselves in the car and often hungry. While the temptation to run through a drive-thru or grab a bag of chips from the local convenience store seems like the answer, it ultimately is not the best source of fuel for the body. But the good news is that many convenience stores offer a variety of nutrient-rich snack and meal options. Do they still have lots of soda, chips, and candy? **Yes, but the opportunity to make a better choice is also there.**

Better-for-your-performance swaps you can make when on-the-go:

- Choose protein bars instead of candy bars
- Choose whole grain or nut-based granola bars instead of bars with icings and coatings
- Choose whole grain crackers instead of chips
- Choose sandwiches on whole grain bread or wraps instead of pizza or hotdogs
- Choose trail mix over candy
- Choose fruit cups or fruit and yogurt parfaits over fries or other fried options
- Choose water, milk, chocolate milk, and smoothies over soda, sugar-sweetened beverages, or slushies

IDEAS FOR ENERGY BOOSTING SNACKS:

Beef jerky and a whole grain granola bar
Individual bag of nuts/trail mix and a fruit
Nuts and dried fruit
Fruit and yogurt parfait with a bag of nuts
Peanut butter crackers and string cheese
Whole grain crackers and string cheese/nuts
Protein bar and banana
Ready-to-drink shake and a fruit/granola bar
Roast beef/turkey/ham sandwich or wrap with baked chips or a fruit cup
Add milk or chocolate milk to a snack to increase the calories, protein, and nutrients