

Gas Station Nutrition

Adapted from Nancy Clark's Sports Nutrition Guidebook

Buying our meals from a gas station mini mart is not ideal, but it is possible to create a balanced meal from typical gas station foods.

A snack or meal that includes foods from at least 3 food groups provides a better balance of nutrients and longer lasting energy.

- Fruits and Vegetables
- Grain/Starch-based foods
- Protein-rich foods

Typical Gas Station Food Choices:

| 1. Fruits and Vegetables | 2. Grain-based | 3. Protein-rich |
|--------------------------|-----------------------|--------------------|
| Apples | BelVita biscuits | Nuts/Trail mix |
| Applesauce | Whole grain cereal | Pouch/Canned tuna |
| Bananas | Oatmeal | Protein bar/shake |
| Canned Fruit | Clif Bars | Hard boiled egg |
| Dried Fruit | Baked chips | Cheese stick |
| Salsa | Popcorn | Low Fat Milk |
| Baby Carrots | Pita Chips | Hummus |
| V8 Juice | Triscuits/Wheat Thins | Light/Greek Yogurt |

Ready-to-eat Meals on the Go (highest to lowest in calories):

- 2 cups Smartfood White Cheddar Popcorn, Pure Protein bar, 1 medium apple (490 total calories)
- 1 ounce trail mix (nuts and dried fruit), 1 ½ cups plain Cheerios, ⅔ cup fat free Greek yogurt (350 total calories)
- 1 medium banana, 16 Wheat Thin crackers, 1 cheese stick (338 total calories)
- 3 ounces tuna in water, 6 Triscuit crackers, ½ cup applesauce or fruit cup (306 total calories)
- Hummus snack pack, 11 pretzel chips, 1 cup baby carrots (285 total calories)