

# 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)