

# Drinks

## WATER

Still or sparkling, plain or naturally flavored without added sugar.

## NO & LOW SUGAR DRINKS

Bai water, Spindrift, Bubblr, Poppi, OliPop, Zevia, LaCroix are all popular low to no sugar brands of popular drinks

## UNSWEETENED TEA

Black, green, or herbal teas are great (add Splenda or stevia to sweeten)

## COFFEE

**Best:** Skip the sugary creamers and syrups.

**Better:** Add plain creamer and Splenda or stevia to sweeten

## LOW-SUGAR SMOOTHIES

Some convenience stores stock fresh, pre-bottled smoothies with minimal ingredients.



## READ LABELS

Check the ingredient list and nutrition facts for hidden sugars, sodium, and artificial additives.

## STAY BALANCED

Aim to include protein, fiber, and healthy fats for a filling snack or meal.

## PORTION CONTROL

Watch out for oversized bags or packages that may tempt overeating  
Use the "Handy" Portion Control Guide for a great visual.

With a little effort, you can make nutritious choices even in a pinch, on the road, and on the go!



# Tips

## Convenience Store Shopping Guide

Finding healthy options at a convenience store can be challenging but not impossible! Look for items that are minimally processed, high in nutrients, low in added sugar, unhealthy fats, and excessive sodium.

Take a look inside for a "good, better, best" guide to healthier choices:



# Snacks

## NUTS AND SEEDS

**Best:** Choose plain, unsalted almonds, cashews, walnuts, or sunflower seeds “most of the time”

**Better:** Salted & roasted if you don’t struggle with high blood pressure

## TRAIL MIX

**Best:** Look for versions without added sugar or chocolate.

**Better:** Make your own assortment of trail mix with your favorite variety of nuts: almonds, cashews, macadamia nuts, Brazil nuts, sunflower seeds, pistachios, pecans, walnuts, peanuts (actually a legume vs. a nut), etc. Add a few raisins/craisens/ chocolate for a treat.

**NOTE:** When it comes to nuts/seeds – even though healthy – the calories add up quickly! A suggestion would be to portion them out (1/4 cup at a time) into a snack baggie or container for better portion control.

## FRESH OR DRIED FRUIT

**Best:** Opt for whole fruit (like bananas, apples, or oranges) or unsweetened dried fruit and skip drinking fruit (juice) to save on sugar intake and calories.

**Better:** Canned fruit in 100% fruit juice (avoid canned in heavy syrup)

## POPCORN

Select plain or lightly salted air-popped options.

## VEGGIE CRISPS, POPCORNERS, BAKED CHEETOS

# Proteins

## HARD-BOILED EGGS

**Best:** Often available in small packs.  
**Better:** Deviled eggs

## JERKY

**Best:** Choose beef or turkey jerky with no added sugar or nitrates if possible

## GREEK YOGURT

Look for plain or low-sugar varieties a common brand is Oikos

**Better:** Yogurt parfaits found in the fresh deli section (higher in sugar but still a healthier option)

## PROTEIN BARS

Pick bars with natural ingredients, at least 15g of protein, and minimal added sugar

## PROTEIN SHAKES

Core Power and Muscle Milk are popular brands.

## MEGA BOWLS BANQUET FROZEN MEALS

The country fried chicken bowl has 18 grams of protein



# Meals & Sides

## SALADS

Check for fresh pre-packaged salads with minimal dressing – found in deli section.

## FRESH VEGETABLE PACKS

found in deli section, often come with ranch dressing

## FRESH FRUIT PACKS

found in deli section – usually an assortment of berries, grapes, pineapple, etc.

## FRESH CHEESE

Cheese sticks, curds, or chunks found in deli section

## WHOLE-GRAIN CRACKERS

Pair with hummus or nut butter packets.

## CANNED TUNA OR SALMON

Look for single-serving packets or cans with pull tabs.

## SANDWICHES ON WHOLE WHEAT BREAD

deli meat, cheese, tuna fish, chicken or egg salad