



**North American
Transport Services**

HEALTHIER MEALS



Your health is a big concern for our company, so we'd like to offer some advice regarding healthier meal options when you're out on the road. We all know truck stops are packed full of unhealthy eating choices and drivers get tempted on daily basis. Making healthy decisions isn't always easy but you can definitely make the best choices to benefit yourself.

As a general rule, avoid fried sides such as French fries, onion rings etc. avoid drinking anything that contains a high amount of sugar such a sodas, milkshakes and sugary coffee drinks.



Now let's talk about what you should do. Here are some tips to help you stay on track and avoid extra pounds that could turn into a health issue:

- Drink more water: as we said, avoid any sodas and drinks that contain sugar and stay hydrated with plenty of water.
- Eat more fiber: choose snacks that contain fiber such as fruits, keep handy some bananas, apples, carrots, granola bars etc.
- Do not skip breakfast: avoid having things like a doughnut or a muffin for breakfast, try having some oatmeal, it has lots of fiber and it will make you feel full longer than cereal, or have a breakfast sandwich such as the egg muffin, and avoid the biscuits or sausage sandwich types.
- Eat smaller portions more frequently: you boost your metabolism when you eat small portions 5 or 6 times a day than if you have 2 large meals. You can keep snacks like raw almonds in your truck, and if you have a cooler, keep some fruits, veggies and cheese handy.

You will still need to eat at fast food places, nowadays they have some healthy options, just choose the meals that are good for you. Instead of a triple burger with cheese have a grilled chicken salad, or instead of a pizza or fried chicken go to the restaurant and get the salad and soup bar.

You can make some slight changes and dramatically improve your diet. It will help you get more energy, get better sleep and increase the length and quality of life.