



Healthy Hacks for Hard Hats

Make Smarter Choices on the Go.

It's lunchtime, and you need to fuel up quickly. You can make healthier choices at convenience stores or fast-food places with these tips in your toolbox.

Slow Down: Hazards Ahead!

Being hungry and in a hurry can lead to bad decisions. Think through your choices, and AVOID these missteps:



Fried foods

Eating fried foods often is associated with heart risk. (Choose a grilled protein instead.)



Too much salt

Excess sodium can also hurt your heart. Cold cuts and pizza can be loaded with salt.



Added sugar

Take it easy with sweets and sugary drinks. (Opt for water or unsweetened iced tea.)

Smarter Choices: Drilling Down.

There are some better choices at convenience stores and fast-food places. Seek out healthier options like:



Fresh fruit

Choose apples, bananas or oranges for nutrients. (Or find no-sugar-added fruit cups.)



Pre-cut veggies

Carrot or celery sticks offer vitamins, minerals and fiber.



Salad

Grab those greens! Add a lean protein to make it a nutritious meal.



Cheese

Skip the chips – choose cheese instead. Look for reduced-fat cubes or cheese sticks.



Whole-grain breads

Getting a sandwich? Swapping in whole-grain bread is a healthier choice.



Nuts

Plain or lightly salted nuts, like almonds or pistachios, provide protein and fiber.



Hard-boiled eggs

Pre-packaged hard-boiled eggs are a good source of protein and other nutrients.

“Healthy Swaps” Add Up.

Over time, small, healthy swap-outs (like a side salad instead of fries at the fast-food drive-through) make a big difference. Try one or two of these tips. Soon it will be a healthy habit!

