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!