



# 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!

