

Staying Healthy on the road

Take Your Good Health “To Go”



PREPARE

- Know your route:
 - Locate rest stops along the way
 - Locate truck stop restaurants that offer healthier options
 - Many of the better truck stops have delis and trucker stores with healthy snacks and water

FACTS

- More than 66% of truck drivers are obese, compared to the 33% national average
- 100% more truck drivers have diabetes than the general population

PLAN

- To eat a balanced breakfast each day
- Stay hydrated —bring along plenty of bottled water
- Take frequent breaks to walk and stretch

PACK

- Fresh & canned fruit with no sugar added
- Whole grain bread and cereal
- Fresh vegetables
- Low-fat dairy products
- High protein foods ... chicken, turkey, salmon & tuna
- Individual portions of healthy snacks
 - Nuts
 - Crackers with peanut butter or cheese
 - Low-fat yogurt

Source: Centers for Disease Control and Prevention “Long Haul Truck Drivers Health Survey Results, March 3, 2015

For more information on this and other safety topics, please log on to the member-exclusive website at nsc.org.



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