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

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

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

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.