




# Healthy Foods from Convenience Stores

**Let's Go! knows that eating healthy on the go can be a challenge. If you're on the road and looking for a healthy option simply follow our guide.**

 Make sure you check your serving sizes. Often prepackaged items that look like a single serving contain 2 servings or more! If you would like to see a specific healthy food item carried by your local convenience store, don't be afraid to request the item from management.

## Beverages:

- Plain water or calorie-free flavored water
- Low-fat or skim milk
- 100% juice
- Unflavored coconut water
- V8 Fusion or V8 Vegetable Juice

## Snacks:

- Apples
- Oranges
- Bananas
- Fruit cups in 100% fruit juice or water
- Squeezable fruit pouches, look for 100% fruit
- Light or low-fat cheese
- Low-fat yogurt, look for 20 g or less of sugar
- Greek yogurt
- Granola bars (e.g. Kashi, Kind, Luna Bar, Larabar, Clif Bar); aim for bars with 200 calories or less
- Dried fruit, look for packages with no added sugar
- Individual packaged nuts, unsalted raw or dry roasted is the best choice
- Hard boiled eggs
- Hummus and pretzels
- Crackers or popcorn chips
- Brown rice crisps
- Peanut butter crackers
- Fig Newtons



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