



Improving Driver Health

Driving a truck can make healthy living a difficult challenge but not impossible. A lack of physical activity and fast food dining can add up to a health risk at any age.

Make Healthy Fast Food Choices

Stick to these simple ground rules:

- Eat a variety of foods in moderate amounts.
- Use less salt on your food. Carry seasonings (like Mrs. Dash) in your cab so you can add extra flavor without the extra salt.
- Avoid foods labeled jumbo, giant, and super-sized. Larger portions mean more calories. Order a regular or junior portion instead.
- Choose grilled or broiled sandwiches with meats like lean roast beef, turkey or chicken breast.
- Request that special sauces or added dressings be left off your order, and add lots of veggies to the mix.
- Skip the croissant or biscuit in favor of a bun, bread or English muffin.
- Fill up at the salad bar if available, but beware of thick, creamy dressings.
- When eating Mexican food, order bean burritos, soft tacos, fajitas and other items that are not fried. Chicken is better than beef, especially with the addition of lettuce, tomatoes and salsa. Limit refried beans, and go easy on cheese, sour cream, and guacamole. Watch out for fried tortilla shells! A taco salad can have more than 1,000 calories.
- Pizza can be a good choice. Order thin crust pizza with veggie toppings, start with a salad, and limit yourself to one or two slices of pizza.

Avoid these traps: fat-free muffins with plenty of sugar, skinless fried chicken contains a lot of fat, Chinese food that is deep fried or high in sodium and fat.

driver
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