



# 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



Made possible with funding from the US Centers for Disease Control and Prevention (CDC), in partnership with MaineHealth, Picker Family Resource Center at Pen Bay Healthcare, and Let's Go!

