

Top 10 Convenience Store Snacks

Desperate times call for desperate measures! We've all been there - starving & nothing around for miles except a gas station with a Quicky Mart. Here are some options when you're in a pinch.

1. **Water.** Most people think they are hungry when they are actually thirsty. If you know there are better options ahead, chug a bottle of water to hold off those hunger pains
2. **Nuts.** A small serving of nuts will give you a serving of good-quality protein and fat. Look for dry roasted varieties.
3. **Fruit.** Most convenience stores sell single pieces of fruit, like oranges, apples and bananas. Combine with a small bag of nuts you're on your way to a healthy snack!
4. **Potato Chips.** Yes, I did say chips but you must read the ingredients and make sure they have no hydrogenated oils, MSG or artificial ingredients. Ideally, chips are organic or non-GMO, but if you can't find those then stick to brands with ingredient lists of potatoes, oil and salt. Avoid corn chips as they are likely to contain GMOs.
5. **Yogurt.** Look for full-fat organic if possible. If not, just make sure the one you choose does not contain any artificial sweeteners.
6. **Dark Chocolate.** Look for brands that list cacao as the first ingredient (instead of sugar).
7. **Hard Boiled Eggs.** Packed with protein, these little guys will keep your blood sugar stable and your tummy satisfied. Check labels to make sure the only ingredient is egg.
8. **Peanut Butter Sandwich.** When all else fails, this grade school lunch staple will keep your blood sugar - and energy - rollin'.
9. **Energy Bars.** Avoid brands with soy protein isolate and look for brands that contain over 10 grams of whey protein, hemp protein or pea protein.
10. **Healthy Caffeine.** Look for unsweetened iced tea from the fountain. Add lots of ice and a lemon. Avoid bottled, sweetened iced teas as they contain extra sugar and chemicals.