KORB

HEALTHY BITES

WHAT SHOULD I EAT WHEN I'M OUT?



SMART SNACKS ON THE GO

Plan ahead for road trips, hikes, errands, and busy days. Start with protein, then add some crunch and color.



THE 10-SECOND LABEL CHECK

Look for more protein than sugar. Protein near the top of the ingredients. At least 10 grams of protein for every 100 calories.

NO COOLER NEEDED

Toss these in your bag or car

- [ ] Protein bar
- [ ] Ready-to-drink protein shake
- [ ] Protein powder packet and a shaker bottle
- [ ] Shelf-stable protein milk box
- [ ] Protein oatmeal cup (add water)
- [ ] Beef or turkey jerky
- [ ] Salmon jerky or biltong
- [ ] Meat sticks
- [ ] Tuna or salmon pouch
- [ ] Dry-roasted edamame
- [ ] Lupini bean snack pouch
- [ ] Roasted chickpeas
- [ ] Pumpkin seeds
- [ ] Small banana or apple
- [ ] Clementines
- [ ] Protein chips
- [ ] Individual bag of popcorn
- [ ] Parmesan or cheese crisps
- [ ] Small bag of nuts - almonds, walnuts, or pistachios (100-calorie pack)
- [ ] Nut butter (1 packet) and celery (counts as a healthy fat.)

KEEP IT COLD

Pack a small cooler or make a quick store stop

- [ ] String cheese
- [ ] Plain Greek yogurt cup
- [ ] Cottage cheese with berries
- [ ] Hard-boiled eggs
- [ ] Egg bites
- [ ] Smoked salmon
- [ ] Baby carrots
- [ ] Mini cheese rounds
- [ ] Hummus cup with veggies
- [ ] Apple slices
- [ ] Grapes or berries
- [ ] ½ cup shelled edamame
- [ ] Cherry tomatoes, snap peas or bell pepper strips
- [ ] Guacamole or tzatziki cup
- [ ] Celery sticks
- [ ] Cucumber slices
- [ ] Mini dill pickles
- [ ] Turkey and string cheese roll-up
- [ ] Tuna or chicken salad made with Greek yogurt
- [ ] Salad-to-go
- [ ] Deli turkey or deli chicken

THINGS TO AVOID

All the snacks kids love.

- Pretzels and chips
- Crackers
- Ice cream
- Candy
- Sweetened yogurt & Granola cup
- Pizza and burgers
- Fried chicken nuggets and fries

STOPPING FOR FAST FOOD? WHAT TO EAT INSTEAD:

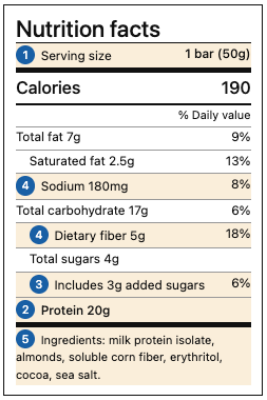
- Lettuce-wrapped taco
- Burrito bowl, no rice
- Salad with grilled steak
- Grilled chicken nuggets
- Egg bites
- Cup of chili
- Lettuce-wrapped burger or grilled chicken sandwich
- Salad with grilled chicken or shrimp (dressing on the side)

BUILD A SNACK BOX

A divided container makes it easy. Fill each section and you're set.

- **1 protein:** hard-boiled eggs, turkey roll-ups, or cheese cubes
- **1 veggie:** carrots, cucumber, or snap peas
- **1 fruit:** berries, grapes, or apple slices
- **1 healthy fat:** a small handful of nuts, or a guacamole or hummus cup

Tip: pack two or three boxes on Sunday and grab one on your way out the door.



HOW TO READ THE LABEL

Five places to look before you buy.

1) Serving size. Every number is for one serving. Check that it's the whole bar or bottle.
2) Protein. 20g in 190 calories passes the test: at least 10g per 100 calories.
3) Added sugars. 3g is under the 5g target.
4) Fiber and sodium. 5g of fiber is good. Sodium at 8% is fine; 20% or more is high.
5) Ingredients. Protein is listed first. Erythritol is a sugar alcohol, which can upset your stomach.

WATCH OUT FOR

- **Sugar alcohols:** ingredients ending in "-ol," like maltitol, sorbitol, and erythritol. They can cause gas and stomach upset.
- **Two-serving packages:** some bars, bottles, and bags count as two servings. Double the numbers if you eat the whole thing.
- **Salty jerky:** jerky and meat sticks are great protein, but check the sodium.
- **"Protein" on the front:** cookies, chips, and candy can say "protein" on the package and still be mostly sugar. Trust the label on the back.

Questions? Call our Care Team at 888-959-7299 or email info@korbhealth.com | korbhealth.com

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