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NEWS RELEASE

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Breakfast for Road Warriors

How many miles do you commute each day? Is your breakfast table your car's console? Are the fast food and donut shops making a profit at the expense of your health? Driving and eating can be a risky habit, both safety-wise and health-wise, but for many of us it is a reality. Plan ahead to reduce your risk by trying the following suggestions:

- Stay away from the drive-thru with your favorite fast food. These foods are usually high in calories and fat. For example, an egg, cheese, and bacon biscuit packs over 800 calories with 477 of those calories coming from fat.
- Pack your own breakfast into a cooler. Cut up your favorite fruits ahead of time. Throw in some individual containers of 100% juices or low fat milk.
- And how about the daily stop at the mini-mart? Think healthy when you walk through the mini-mart door. Bananas, apples, 100% juice, water, and low-fat milk all now share equal space with sodas, candy-bars, coffee, and donuts.
- Skip the prepackaged, convenience store muffins. Over 50% fat calories!!! Think about baking your own low fat, healthy muffins on Sunday to have on hand for your weekday commute.
- Need a crunchy choice. Pack your favorite cereal into individual, resealable bag. Grab by the handful and wash down with low fat milk.
- Store healthy nonperishables in your car for times when you can't plan ahead—breakfast bars, rice cakes, serving-size cereal boxes, and packages of dried fruit.
- And when in doubt, compare foods using the Nutrition Facts panel on food labels. Make a conscious decision to choose the foods lower in fat, sugar, and sodium. For step-by-step instructions on how to read the Nutrition Facts Label, log on to <http://www.cfsan.fda.gov/~dms/foodlab.html>.

Adapted from *On the Road to Breakfast* found at <http://www.intelihealth.com/IH>.