

SMART STOP. STRONG CHOICES.



Better Energy

High Protein.
Steady Fuel.

Look Closer

Coolers and by the
registers have
smarter options.

Better Picks. Better You.

Small choices.
Big Difference.

✗ Skip This

	<u>CHIPS</u>
	<u>CANDY</u>
	<u>PASTRIES</u>
	<u>SODA</u>
	<u>COOKIES</u>

✓ Grab This

	<u>JERKY</u>
	<u>TRAIL MIX</u>
	<u>YOGURT</u>
	<u>WATER</u>
	<u>FRUIT</u>

**MIDDLE OF NOWHERE? YOU CAN
STILL MAKE A SMART STOP.**



Further Resources

Partnership for a Healthier America /
Frank Beard, GasBuddy (2017)



Superpower.com / William Maish MD,
MBA, MPH (2026)



Health Stand Nutrition / Andrea
Holwegner RD



MyFitnessPal Blog / Registered
Dietitian team (2026)



GoodRx / Joanna Foley RD; reviewed
by Katie Golden MD

