

FRST Center Nutrition

Fuel on the Go: Smart Snacking and Travel
Tips for First Responders



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

SNACK SMARTER: GRAB-AND-GO OPTIONS FOR BUSY SCHEDULES

Choose options high in nutrients, protein rich, and give you energy!

Protein Packed

- Beef Jerky
- Hard boiled eggs
- Greek yogurt
- Protein Bars
- Protein Shakes
- String Cheese
- Cottage Cheese
- Canned Tuna

Nutrient Rich

- Mixed Nuts
- Bananas
- Peanut Butter
- Apples
- Dried Fruit
- Pumpkin Seeds
- Sunflower Seeds
- Veggies & Hummus

Energy Boosting

- Trail Mix
- Energy Bars
- Whole Grain Pretzels
- Popcorn
- Hummus & Crackers
- Pumpkin
- Fruit & Nut Bars
- Energy/Protein Balls

Tips for Healthy Traveling or On-The Go

- Plan Ahead: Keep snacks in your car, bag, or at work
- Choose Options that are portable or don't need refrigeration
- Balance snacks by choosing options that have protein and fiber
- Choose healthier options at convenience stores or gas stations
 - Read nutrition labels and avoid empty calories

Choose the Right Bar

- At least 12 grams of protein
 - 20-25 preferred
- Aim for 5-10 grams of fiber
 - Look for no or minimal added sugar
- Keep in mind some sweeteners may cause GI discomfort
 - check for ingredients such as sorbitol, xylitol, erythritol
- Taste is important!
- Favorite options:
 - Larabar
 - Kind Protein Bar Max
 - Misfits Protein Bar
 - Barebells Protein Bar
 - No Cow Protein Bar
 - Rx Bars

Monthly Healthy Recipe

Protein Balls

1. Mix together:

- 2 cups old fashioned oats
- 1 cup peanut butter
- 1/2 cup honey
- 1/2 cup flax seeds
- 1/4 cup chia seeds
- 2 cap sizes of vanilla
- 6 oz chocolate chip

2. After mixing, add more peanut butter if mixture needs to hold together better

3. Roll into one-inch balls and store in fridge or freezer