

Pick Me Up Snacks

Fuel your mind and body with **healthy, whole-food snacks** high in protein and low GI. They'll keep you full and energised throughout the day.

The general rule for choosing snacks is wholefoods first however some guidelines for choosing snacks are:

Energy	Around 600kj
Fibre	Snacks high in fibre are great for our digestive system to keep us full
Sugar	Less than 15g per 100g
Sodium	Less than 400mg per 100g
Saturated Fat	Less than 3g per 100g
Protein	Higher protein snacks will keep you fuller for longer

A healthy diet can also include moderate to high GI foods which are beneficial for a quick energy burst when we need it for jobs like manual handling or unloading the truck. While low-GI foods are better for sustained energy, picking the right high-GI options like a bowl of cereal or toast with fruit and a drizzle of honey can still be nutrient-dense.

Here are some easy snack ideas that will last the long trip..



Hard boiled eggs



Smoothie



Yoghurt with fruits and nuts



Hummus and vegetables



Banana and peanut butter



Cheese and crackers



Whole fruits

Check out these specific brand examples..



Truckies Trail Mix

Mix together and then portion:

- 1.5 cups of your favourite **unsalted raw or dry roasted nuts**
- 1 cup of your favourite **seeds** such as sunflower, pumpkin, sesame, hemp
- 1 cup of **no added sugar dried fruits** such as sultanas, apricots, blueberries, coconut flakes, banana
- 0.5 cups of fun stuff such as popcorn, pretzels, chocolate



Serves: 12-15 (approx 35g serves)