

CONVENIENCE STORE FOODS

BUILDING HEALTHY COMMUNITIES



The whole point of a convenience store is to be quick and easy on-the-go. This typically includes highly processed options. However, there are some healthier choices that can be purchased. Some healthier options that can be available at gas stations, dollar stores and other local convenience stores include:

HEALTHY CHOICES:

- **LEAN JERKY**- Lean jerky is high in protein and lower in fat content than other options. It also contains a number of vitamins and minerals, such as B-vitamins, zinc, and phosphorus. However, it is also high in sodium so be prepared to limit consumption.
- **CHICKPEAS AND OTHER LEGUMES** - Chickpeas offer a great source of potassium. Beans are also a great, budget-friendly option. They provide excellent sources of fiber, folate, protein, and a number of other vitamins and minerals. Drain and rinse canned chickpeas and beans to decrease the sodium content.
- **PEANUT BUTTER**- Peanut butter provides healthy fat that the body can utilize. It also offers a source of fiber, some vitamins and minerals. Try to stick with unsalted!
- **BROTH**- Broth is a source of collagen, which helps skin elasticity, tissue development and joint support. Look for low-sodium!
- **CHEESE STICKS**- Dairy products have an important place in a healthy diet. Cheese is lower in calories and high in protein to help maintain muscle mass. This is also a great source of calcium that counts towards your daily intake. Look to purchase skim or 1% cheese for lower fat content.
- **TUNA**- Canned or packaged tuna contains protein and various B-vitamins, iron, selenium, and phosphorus. Tuna is a great source of omega-3 fatty acids that offer great benefit to the body. It is best to choose an option that is in water. Add the tuna to a salad, on top of toast, or wrapped up in lettuce.
- **FRUITS & VEGETABLES**- Fruit in a cup, bananas, oranges, apples, carrots or low sodium canned veggies
- **HARD BOILED EGGS**- You can find hard boiled eggs premade and packaged at local convenience stores. Eggs are a great source of protein and are nutrient dense.
- **GREEK YOGURT**- Greek yogurt can have twice as much protein as regular yogurt. It contains minimal lactose that can limit side effects for those with lactose intolerance. Plain Greek yogurt can even be used as a healthy substitute for sour cream. Look at the nutrition panel of yogurts and watch for sugars. Some yogurts can even contain probiotic cultures that strengthen the intestinal microbiome.
- **UNSALTED NUTS**- Eating nuts can positively impact heart health. They contain healthy fat and other nutrients. Check out unsalted options. Nuts are high in calories and consumption should be limited to the portion size. Pistachios take some work to get them out of the shell—thereby slowing down eating and reminding you to eat mindfully
- **HUMMUS**- Hummus is made from garbanzo beans, filled with fiber and protein. It is often sold in packs with vegetables or pretzels for dipping. You can also use it as a spread!
- **LOW FAT MILK OR UNSWEETENED ALMOND MILK**- contains a considerable amount of calcium. The fat found in plant-based beverages, like almond milk, contain unsaturated fat that is beneficial for the body. Look for a brand that fortifies their plant-based milk with calcium. If you cannot consume skim milk, the most comparable product based on nutrition will be unsweetened soy milk.
- **QUICK ROLLED OATS** - use these 100% whole grains as an easy, fiber-packed choice
- **SPICES** - plain spices—not the salty varieties of seasonings—are great choices to grab. Spices are packed with antioxidants. Cinnamon balance your blood sugar and can increase antioxidant activity in the blood!
- **APPLE CIDER VINEGAR** - Good for your gut!
- **TEA** - Chamomile variety can help ease you into a gentle evening rest!
- **100% JUICE**- Some juices at the dollar store are of the "cocktail" variety, meaning they're packed with sugar, so look for 100% juice!