

# emergency snacks

We've all been there - starving & nothing around except service centre with a Quicky Mart. Here are some options that you should be able to buy when you're in a pinch.

**Nuts.** A small serving of nuts will give you a serving of good-quality protein and fat. Look for dry roasted varieties.

**Fruit.** Most convenience stores sell single pieces of fruit, like oranges, apples and bananas. Combine with a small bag of nuts you're on your way to a healthy snack!

**Potato Chips.** Yes, I did say chips but you must read the ingredients and make sure they have no hydrogenated oils, MSG or artificial ingredients. Ideally, chips are organic or non-GMO, but if you can't find those then stick to brands with ingredient lists of potatoes, oil and salt.

**Yogurt.** Look for full-fat organic if possible. If not, just make sure the one you choose does not contain any artificial sweeteners.

**Dark Chocolate.** Look for brands that list cacao as the first ingredient (instead of sugar). Combine with raw nuts for some protein.

**Energy Bars or Protein Balls.** Avoid brands with soy protein isolate and look for brands that contain over 10 grams of whey protein, hemp protein or pea protein.

## Water

Often pangs of hunger can actually be your body trying to tell you its dehydrated. Grab some water and you'll probably find your energy picks up!

