

Eat, Drink & be Healthy

Can eating the right foods really affect your fatigue? The answer is a resounding "Yes!" Eating the right food is not only essential for your overall health but also plays a significant role in your energy levels.

What's right vs. wrong?

To maximize your energy and minimize fatigue, it's important to avoid sugary foods that cause a blood sugar spike, leading to crashes and low energy levels. Instead, focus on natural energy foods that are high in protein and fat content while being low in sugar. These foods are absorbed slowly by the body, providing longer-lasting energy.

Here are some healthy food options you can find at truck stops:

- Fruits and veggies
- Nuts
- Sunflower Pumpkin and Chia Seeds
- Yogurt
- Oatmeal
- Granola
- Pretzels
- Hummus
- Beef jerky
- Popcorn

Not only is your diet an important fatigue fighter, but what you drink can also impact your energy levels. If you tend to feel tired around the same time each day, it could be due to dehydration. Dehydration is a common cause of fatigue and headaches. Since our bodies are primarily composed of water, dehydration affects metabolism and leads to a sluggish and tired feeling.

Next time you experience an afternoon slump, choose water instead of coffee and see how your energy improves.