

# QUIK TRIP

## Best Choices

Be smart with food or drink choices picked up when stopping for gas. Do you really need a drink or something to eat?! Don't go inside—pay at the pump.

Please note that calories are listed in parenthesis ( ).

### BREAKFAST

CHOOSE THESE BREAKFASTS	INSTEAD OF	HIGH CALORIE BREAKFASTS
Cheerios (140)		Powdered sugar mini donuts (660)
Banana (80)		Chocolate Milk (1 pint) (440)
Skim Milk (1 pint) (160)		Total Calories: (1100)
Cheese Stick (60)		
Total Calories: 390		
Ham, Egg, Cheese Biscuit (360)		Maple Cream French Toast (820)
Grapes (80)		Whole Milk (320)
Water (0)		Total Calories (1140)
Total Calories: (440)		

### LUNCH OR DINNER

CHOOSE THESE LUNCH/DINNERS	INSTEAD OF	HIGH CALORIE LUNCH/DINNERS
Turkey & Swiss Sandwich (250)		Double Cheeseburger (670)
V-8 (7)		Grab Bag of Chips (450)
Apple (80)		32 oz Coke (420)
Baked Chips (120)		Total Calories: (1520)
Total Calories: (457)		
Sliced Chicken Sandwich (no mayo) (210)		BBQ Pork Rib Sandwich (670)
Skim Milk (1 pint) (160)		16 oz Chocolate Milk Shake (580)
Banana (80)		Total Calories: (1250)
Side Salad w/1T lite dressing (65)		
Total Calories: (515)		
Ham & Cheddar Sandwich (340)		All Beef Hot Dog (290)
Orange (80)		Spicy Beef Taquito (320)
Yogurt (80)		6 Oreos (260)
Baby Carrots & Celery (30)		32 oz Quizzle Cherry Lime (440)
Total Calories: (530)		Total Calories: (1290)

### HEALTHY SNACKS & DRINKS

Fresh Fruit (apple, orange, banana) (80)	Pretzels (2 oz) (225)	Bottled water (0)	Diet soda/drinks (Crystal Light, Propel, flavored water) (0-20)
Fruit Cups (fresh/canned) (80-150)	Fresh Carrots/Celery (50)	Cheese Stick (60-150)	Sugarless gum/sugar-free mints (0-5)
Nonfat Yogurt (80-100)	Skim or 1% milk (160-200)	Granola Bar (120-220)	Sliced Chicken Sandwich (210)