



Convenience Store Snacks

By Dallas Parsons, RD/Sport Dietitian and Ashley Sacks, Volunteer March 2005

Have you ever had a day when you were **starving**, and the only place nearby to get something to eat was a convenience store, vending machine, or concession stand?

At first glance, it may seem impossible to find something to eat at these places that can contribute to your health or athletic performance, but with the use of this guide, it can be done.

The Chip Aisle

Best Choice	OK Choice	Worst Choice
<ul style="list-style-type: none">• Pretzels• Sunflower seeds• Rice cakes• Fruit & nut trail mixes	<ul style="list-style-type: none">• Dry roasted nuts• Baked chips• Snack mixes• Corn nuts	<ul style="list-style-type: none">• Chips• Cheesies• Popcorn

The Cookie and Cracker Aisle

Best Choice	OK Choice	Worst Choice
<ul style="list-style-type: none">• Cereal or granola bars• Fig newtons• Triscuit crackers• Whole wheat crackers	<ul style="list-style-type: none">• Stoned wheat thins• Melba toast• Saltines• Plain cookies	<ul style="list-style-type: none">• Twinkies• Donuts• Cookies w/ crème• Cheese filled crackers

The Candy Aisle

Best Choice	OK Choice	Worst Choice
<ul style="list-style-type: none">• Energy bars• Jelly beans or skittles• Gummies• Sorbet	<ul style="list-style-type: none">• Chocolate covered peanuts or raisins• Yogurt threats• Licorice• Popsicles	<ul style="list-style-type: none">• Most chocolate bars

Emergency Foods

If you are experiencing a “training fuel” emergency, choose a snack from any of the “Best Choice” categories. Some convenience stores may also have a deli counter. Sandwiches, bagels, broth based soup, and yogurt are some additional choices that may be available.