

## PACK

**PACK:** High antioxidant nuts such as raw or dry-roasted almonds, walnuts, and pistachios.

## DON'T PACK

**DON'T PACK:** Oily, overly salty peanuts.

**PACK:** Agave syrup, which is absorbed more slowly into the bloodstream and mixes better with liquids.

**DON'T PACK:** White sugar or artificial syrups made from corn or cane.

**PACK:** Vitamin-packed dried blueberries, acai, cranberries, or mango (preferably unsulfured and no added sugar).

**DON'T PACK:** Raisins or other sulfured and processed dried fruit.

**PACK:** Antioxidant-filled dark chocolate M&M's or chips in do-it-yourself trail mix.

**DON'T PACK:** Packaged trail mix with milk chocolate or white chocolate.

**PACK:** Baked, lower-salt chips (pita or whole-grain SunChips).

**DON'T PACK:** High-sodium, high-fat potato chips (they can make you even thirstier).

**PACK:** Low-fat or lower-salt hot dogs. Top-ranked by *Consumer Reports*: Hebrew National Kosher Reduced Fat Beef Franks, Boar's Head Lite Skinless Beef Franks, Oscar Mayer Light Beef Franks, and Ball Park Lite Franks.

**DON'T PACK:** Regular dogs (two contain close to half a day's salt).

**PACK:** High-fiber, regular instant oatmeal (add your own fruit for sweetness).

**DON'T PACK:** Sugary dried cereal that will leave you hungry an hour later.

