

**KOHL'S**  
Healthy  
at Home

# Healthy Corner Store Swap!

Sometimes it's easiest to shop for foods and beverages at corner stores, convenience stores, or gas stations. Whether you are grocery shopping or grabbing an on-the-go snack, look for healthier options at these stores and consider requesting options you don't see available yet from the store owner or manager. For great ideas, see our handy [Smart Snacks Calculator](#) and check out our healthy swap suggestions below:

## SWAP THIS

## FOR THIS

TO MAKE A BALANCED MINI MEAL, COMBINE ITEMS FROM EACH OF THE BELOW CATEGORIES IN THIS COLUMN

### PROMOTE YOUR PROTEIN!



- |                                |   |                           |
|--------------------------------|---|---------------------------|
| ✗ CHEESY CHIPS                 | ▶ | ✓ Low-fat string cheese   |
| ✗ FLAVORED YOGURT OR ICE CREAM | ▶ | ✓ Plain Greek yogurt      |
| ✗ SALTED SEEDS OR NUTS         | ▶ | ✓ Unsalted seeds and nuts |
| ✗ HOT DOG                      | ▶ | ✓ Hard-boiled eggs        |
| ✗ CHICKEN NUGGETS              | ▶ | ✓ Packaged tuna           |

### UPGRADE YOUR GRAIN!



Tip: check the label for "whole grain" or "whole wheat" as the first ingredient.

- |                |   |  |
|----------------|---|--|
| ✗ CANDY BAR    | ▶ | ✓ Whole grain granola bar                  |
| ✗ DONUTS       | ▶ | ✓ Whole grain cereal                       |
| ✗ POTATO CHIPS | ▶ | ✓ Whole grain crackers                     |
| ✗ PIZZA        | ▶ | ✓ Turkey/ham sandwich on whole wheat bread |

### FIND A FRUIT OR VEGETABLE!



- |                            |   |   |
|----------------------------|---|---|
| ✗ FRUIT CHEWS/FRUIT SNACKS | ▶ | ✓ Apple slices or whole apple, banana, orange |
| ✗ CANDY                    | ▶ | ✓ Fruit cup in water or 100% juice            |
| ✗ CHIPS AND DIP            | ▶ | ✓ Small bags of vegetables with hummus dip    |

### BETTER YOUR BEVERAGE!



Tip: some beverages offer calorie information on the front of the can/bottle.

- |                              |   |   |
|------------------------------|---|---|
| ✗ SODA POP                   | ▶ | ✓ Bottled/sparkling water with no added sugar |
| ✗ FRUIT DRINKS/SPORTS DRINKS | ▶ | ✓ 100% juice                                  |
| ✗ CHOCOLATE MILK             | ▶ | ✓ Low-fat/1% plain milk                       |
| ✗ SWEET TEA                  | ▶ | ✓ Unsweetened tea                             |

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## References

1. American Heart Association. (2018). Healthy dining in convenience stores? Retrieved from: <https://www.heart.org/en/news/2018/08/23/healthy-dining-in-convenience-stores>
2. Partnership for a Healthier America. (2019). Healthy convenience store meals for when you're on the go. Retrieved from: <https://www.ahealthieramerica.org/articles/healthy-convenience-store-meals-for-when-you-re-on-the-go-233>