

# Harvesting Your Health

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As you head off to the field, spirits are high, rest is low and the desire to have another successful day runs through your blood, but what else is running through that blood?

You've likely given a lot of thought to the first tasks of the day, but did you spend any time thinking about the meals and snacks that you or a loved one has packed? Probably not. How can you keep your body as healthy and well fed as your engine?

Here are some healthy tips.

1. Plan ahead so you have the food you want when you want it.
2. Make snacking a conscious activity. Identify that you are hungry and not just needing something to do as you travel the long rows.
3. Think about the long-term effects of the food you consume. Eat healthy!
4. Drink plenty of water and make time for even a quick walk around the combine or tractor to ensure you are fully awake and alert.

Here are some healthy choices for those meals on the go.

## **Breakfast:**

- Whole grain breads and cereals
- Berries, melon, applesauce, or banana
- Low-fat or fat-free milk
- Reduced fat, low-fat, or nonfat cheese or yogurt
- Bagel with fat-free cream cheese
- 100% Juice

## **Lunch:**

- Fresh deli meat with whole wheat bread
- Fresh vegetables
- Peanut butter on those veggies or whole wheat bread
- Pretzels or baked chips
- Fruit
- Non-fat yogurt in a tube or as a drink
- Raisins or other dried fruits
- Gingersnaps or vanilla wafers

## **Snacks:**

- Low-fat string cheese
- Sunflower seeds
- Nuts
- And many items from above also make good snack items.

**REMEMBER: Farming is a dangerous occupation. Treat your body well and feed it the fuel it needs.**

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**(217) 902-5204**

The Carle logo features the word "Carle" in a bold, serif font. To the left of the text are three horizontal lines of varying lengths, stacked vertically, resembling a stylized 'C' or a graphic element.

Center for Rural Health  
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