



# Why Gas Station Food Wears You Down

Fast, convenient food can leave you feeling more sluggish, foggy, and off than you realize – and it often doesn't show up until mid-shift, when you need to be sharp.

CARD 1

## Quick Energy, Short Lift

Gas station food can give you a fast boost, but it usually doesn't last. The calories hit quick and your body responds – but most of that fuel burns off in 30 to 60 minutes. What felt like a pick-me-up in the first hour can turn into a wall by hour three. The problem isn't that you're hungry. It's that the food gave your body a spike with nothing to back it up.

CARD 2

## More Crash Than Fuel

Most quick snacks – chips, pastries, energy drinks, candy bars – are high in sugar and refined carbs, and low in anything that actually sustains you. Your blood sugar jumps, then drops. When it drops, so does your focus. You start feeling foggy. You get more irritable. Decision-making slows. None of that is dramatic – it just quietly makes the shift harder to get through.

**Foggy**

Focus drops fast

**Drained**

Energy bottoms out

**Irritable**

Mood turns sharp

CARD 3

## Not Much Real Fuel

A full stomach isn't the same as being fueled. When food is low in protein, fiber, and water, your body doesn't get much to actually work with. Protein keeps you steady. Fiber slows digestion so energy lasts. Hydration keeps your brain running right. Gas station food tends to be low on all three – so even after eating, you're running on not much. The fullness is real, but the performance benefit isn't.

→ **Low protein**

Nothing to steady your energy

→ **Low fiber**

Fuel burns off too fast

→ **Low hydration**

Brain and body run short

CARD 4

## It Hits Harder Later

It may not feel like a big deal when you're eating it. But that food tends to catch up with you – usually in the back half of the shift, when calls are still coming and you still need to be on. Fatigue gets heavier. Mental sharpness drops. It becomes harder to reset between calls. You're not falling apart, but you're not running at full capacity either. And on a long shift, that gap adds up.

## Bottom Line

Quick food may be easy in the moment, but it can make the rest of the shift harder.

### The spike fades fast

Sugar and refined carbs don't last more than an hour

### The crash is quiet

Fog and fatigue build gradually – you don't always notice

### Full ≠ fueled

Your body needs protein, fiber, and water to actually perform

⚠️ If you start feeling foggy, drained, or irritable mid-shift, the food you grabbed earlier may be part of it.