

Eat fresh, stay fresh

We're constantly reminding you to service and fuel your car when you take it on a long drive, but what about your body?

You're on the highway, your tummy's grumbling, you want to stop and pick up a snack – but you want it to be healthy because you know that eating certain foods can affect how you feel and therefore how you drive.

Drink too much caffeine and it leaves you agitated and anxious; too much chocolate or sugar and you may be left with an awful slump after the initial rush. High fat fast food (burgers, fried fish, chips, etc) saps your energy and leaves you bloated.

A new roadside food outlet, called Oliver's, finally lets you 'refuel' with tasty, nutritious food. Choose from sushi, soup, salads and sandwiches, plus fresh juices (including wheatgrass shots). Oliver's also has food packs for kids.

Located on the F3 Freeway at Wyong (at the Caltex site on your way north), and with plans to open more soon, Oliver's is big, bright and open. There's a cafe, a place for kids to hang out and you can also check your emails. Visit www.oliversfoodforlife.com.au.

