Eat Well—Healthy Eating at Work

Roughly half of your weekly meals are consumed during the time you spend at work. Set yourself up for success and make eating healthy a little bit easier when you are at work. Think ahead & consider the following tips:

- Make water the default beverage.
- Offer fruits, vegetables, and whole grains, especially for all-day meetings.
- Eat a protein and fiber-rich breakfast within 30-60 minutes of waking up to energize your body for the day.
- Keep dried fruits, nuts, or jerky in your desk for easy, healthy snacks that won't spoil quickly.
- Consider keeping some perishable items in the office fridge (for ex: yogurt, fruit, & vegetables).
- Bring a reusable water bottle to leave in your office.
- Practice mindful eating and pay attention to what you put in your mouth. Mindless eating while multi-tasking can lead to overeating without even realizing it.
- Bring your lunch to work. When you plan ahead and pack a lunch before you are hungry, you are more likely to make healthy choices.
- Think about food safety, keep your lunch in the office refrigerator or in an insulated lunch bag.
- Host a healthy food potluck or picnic for your team.

HEALTHY PACKED LUNCH IDEAS

Breakfast	Lunch	Snacks
• Fresh fruit • Whole grain bagel • Toast with peanut butter • Low-fat Yogurt • Oatmeal with fruits and nuts • Egg sandwich on whole grain bread	• Vegetable soup • Romaine or spinach salad • Turkey, tuna, or chicken sandwich on whole grain bread/wrap • Pasta salad with vegetables • Chicken and vegetables • Tofu scramble	• Fruit • Vegetables • Cheese and crackers • Nuts • Trail mix (no M&M's) • Popcorn • Low-fat yogurt with granola • Dark chocolate • Jerky

Different foods contain different nutrients and other healthful substances. No single food can supply all the nutrients in the amounts you need. Therefore, eating a variety of foods from each food group will help you get the nutrients you need!