

## Tasty Tips for Eating Well at Work

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### 1. Pack food and beverages for the week ahead

- Spend an hour getting organized on Sunday and save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.

### 2. Stock up on nutrition

- Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and microwave-able entrees.

### 3. Pack lunch while you cook dinner

- You can cook once and eat twice by making "planned-overs" at dinnertime. Make an extra serving or two and pack them to-go as you clean up the evening meal.

### 4. Take advantage of convenience

- Supermarkets feature an amazing array of single-serve healthy options - perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.

### 5. Add nutrition to your commute

- It's easy, it's tasty and it's doesn't have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train.

### 6. Pump up with protein power

- Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein with nuts, seeds, soynuts, yogurt, milk, jerky and nutrition bars.

### 7. Switch to a fruit dish

- Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit like mango, pineapple, apricots, plums and raisins.

### 8. Drink to your health

- Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.

### 9. Treat yourself well.

- When it's time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really savor whatever you are eating.

### 10. Use the K.I.S.S. principle for candy

- Keep It Small Sweetie! Skip those expensive, high-calorie, king-size bars. Slowly savor a chocolate kiss or enjoy a "fun-size" version of your favorite candy treat.

