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## Eating Healthier at Work

When you're rushing to meet deadlines, jumping on conference calls, and seeing clients, it can be difficult to get any kind of lunch or snack break in at all, let alone to eat something healthy! But experts agree that eating the right kind of foods at work can not only help you make it through the day, but can also help you have added energy and feel better. Here are some tips to help.

### Don't Skip Breakfast

Take some time in the morning to sit down and have a good, healthy, filling breakfast. The way you start eating in the morning will carry over into how you eat at work. If you skip breakfast, or eat something not-so-healthy, you're more likely to give in to temptations later on in the day (hello, vending machine!).

### Plan ahead

Because **work** can get chaotic sometimes, the key to eating healthy is to plan ahead. If you know that you can't get out of the office for lunch that day, pack a lunch from home.

### Stock up

Keep your desk stocked with healthy things that you can snack on, because when you're starving and pressed for time, trying to be healthy goes out the window. But, if you have healthy food already in front of you, you don't have to worry. Try some items like canned tuna, packages of nuts, dried fruits, whole-wheat crackers, granola bars, etc.

### Healthy Snacking is Okay

In the past, snacking has gotten a bad reputation, but experts are now pushing healthy snacking. Snacking on things like fruits, nuts, multi-grains, etc. can help you in many ways. First, sometimes eating can help keep you awake at work, and with still a few hours before your workday ends, it can really give you a boost. Also, snacking can also help hold you over so when you do finally get home for dinner, you aren't starving and throwing anything and everything in your mouth.

### Keep a Water Bottle Handy

Your body needs water to function - it makes up 60% of our bodies' weight. Keeping a water bottle



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at your desk at all times will not only help you to drink more water and thus stay healthy, but it can also help you to avoid overeating at work. Sometimes what we mistake for hunger is actually thirst. So, before you eat, try drinking some water and waiting a few minutes to see if the hunger subsides.