Tasty Tips For
Eating Smart at Work

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 dinner time. 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 doesn't have to be messy! Pack a piece of string cheese, or 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 craisins.
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 sized candy bars. Slowly savor a chocolate kiss or enjoy a "fun-size" version of your favorite candy treat.

Source: www.eatsmartmovemoreNC.com