Eating Well at Work: Snacking

Eating well at work can be a challenge, but with a little thought and planning, you can increase your energy and well-being with healthier choices throughout the day.

Tasty Tips for Smarter Snacking at Work

1. Check your HUNGER level.
Are you actually hungry? Or are you tired? Bored? Take a break from your current task and work on something else for a while. Or, re-energize yourself with a drink of cool water or peppermint tea. Go for a walk, or stretch at your desk. Splash cool water on your face.

2. Check your FLUID level.
Are you thirsty rather than hungry? Since it's easy to confuse the signal for hunger and thirst, try drinking a refreshing glass of water before you dig into a snack.

3. Check PORTION SIZES.
Many snack packages contain more than one serving. Stick to single serving packages for automatic portion control. One piece of fruit is always a good, single serving choice!

4. Check food labels and FACTS.
What you don't know can come as a surprise to your waistline! 200+ calories in your juice drink?! 300+ calories in a nutrition bar?! 400+ calories in a latte?! 600+ calories in a bagel and cream cheese?!

5. Pump up with protein POWER.
Many office treats are all sugar and fat. To boost your energy and build brain power, add some protein with nuts and seeds, soynuts, edamame, beans, reduced-fat cheese, light yogurt, skim milk, low-fat lunch meats, or jerky.

6. Go NUTS.
A small handful of nuts (about an ounce) can satisfy your craving for something salty and provide some super nutrition (vitamins, mineral, and protein) at the same time. Keep it small. One ounce of nuts contains 170 calories!

7. Pack some PRODUCE.
Nature's fast food makes an excellent on-the-run snack. Keep washed and cut vegetables ready to go to work. Feeling like something sweet and flavorful? Fresh, dried or canned fruit is a luscious treat any time of day.

8. Grab MILK or WATER.
Soft drinks offer little except excess calories and caffeine. Looking for some liquid energy? Try low-fat or fat-free milk and build some beautiful bones and teeth too

9. Eat MINDFULLY.

It's easy to overeat (and still not feel satisfied) if you eat while reading or working. Slow down and enjoy your snack; you'll eat less and enjoy it more.

Making the connection between Food and Mood

Foods we eat can affect how we feel. Within two to three hours after eating a carbohydrate heavy meal, we tend to feel tired—even sleepy. The calming effect of carbs is great if it's bedtime, but at 3 pm you need an energy boost not a sleepytime snack.

To reduce food fatigue, eat protein along with carbohydrates.

Instead of:	Try:
Popcorn and pretzels	Popcorn and nuts
Tortilla chips and salsa	Tortilla chips, salsa, and bean dip
Crackers	Crackers and low-fat cheese

Better choices at your desk or in the vending machines:

Non-refrigerated	Refrigerated
Fresh and dried fruit	Fresh vegetables
Fruit cups	Fresh vegetable salads with light dressing
Pretzels	Fresh fruit salads
Baked chips	Nonfat and light yogurt
Low-fat popcorn	Low-fat, sugar-free pudding cups
Granola bars	Sandwiches with whole grain bread & low-fat meat
Whole grain cereals	Non-fat or low-fat cottage cheese
Nuts and trail mix	Reduced-fat cheese
Graham and animal crackers	Frozen fruit bars
100-calorie packs	Low-fat ice cream or frozen yogurt
Low-fat jerky	Nonfat or 1% milk