



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'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.

National Nutrition Month®—
March 2004. Adapted by the
NC NET Program from
Eat Right Montana materials



www.EatSmartMoveMoreNC.com