



Healthy Orange says...

Tasty tips for Eating Well 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, canned soups and microwavable 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 for lunch as you clean up the evening meal.
4. **Take advantage of convenience.** Supermarkets feature a wide 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.** Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train. They're easy, tasty and non-messy!
6. **Add some protein power.** Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein with a handful of nuts, seeds, soynuts, a serving of yogurt, milk or low-fat cheese.
7. **Switch to a fruit dish.** Eat half of your dinner in the restaurant and take half home for tomorrow. This cuts calories and gives you another meal.
8. **Share a dessert.** Tempted by the cookie jar or the evil candy dish? Switch to a fresh fruit bowl instead. Restock it each week with new kinds of fruit.
9. **Treat yourself well.** When it is 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.

*The above information is taken from the NC NET Program from Eat Right Montana