

Healthy Eating at Work



Here are some easy, portable & convenient ideas to eat healthy at work.
It only takes a little planning!

- Low-calorie, low sodium soups are a great grab and go.
- Low-sodium high-fiber vegetable juice can service as a filling snack.
- String cheese – pre-wrapped and low fat
- Yogurt – Low fat, no fat, and/or Greek, come in a variety of flavors
- Fruits – apples, pears, bananas, grapes, berries, and oranges
- Dried Fruits - Choose dried fruits without added sugar or salt
- Nuts – Almonds and walnuts are filling and heart healthy
- Whole grains – dry cereal, popcorn, & whole grain bread are high in fiber
- Lean meats – Roasted Turkey breasts
- Vegetables – carrots, celery, and cucumbers

**Tip - Take a break –get away from your desk or workplace.
Go to the break room or outdoors to eat. Clear you mind.
Relax and refresh...Savor your meal...**

Still feeling too stressed at work? Call your EAP provider Family Service of the Chautauqua Region toll-free at **1-888-358-3899**.