

# Health and Wellness

## News You Can Use

## Lunchtime: How to eat healthy and take time to re-energize

Poor diets and bad nutrition can have a serious impact on health and happiness. When you eat poorly and are overweight, your morale, safety, productivity and long-term health can be negatively affected. If you are confined to a 9 to 5 job, you know that keeping on track with healthy eating habits can take more work than your biggest project. Between pastry-laden breakfast meetings and pizza parties, maintaining a balanced office diet is difficult.

### 7 easy ways to start eating healthier at work

1. **Ditch the junk.** Empty your candy bowl and get rid of chips, crackers and other unhealthy snacks stashed in your desk. The less you're tempted by junk food, the healthier you'll eat.
2. **Make time for meals.** It's easy to forget to eat when you're slammed at the office. Block off 30 minutes each day to walk away from your desk and eat a healthy meal. You'll come back refreshed and re-energized.
3. **Bring leftovers.** Make an extra portion when you're cooking dinner each night, and you'll have a healthy lunch to take to the office the next day.
4. **Plan your meals.** If you know you're going to eat two or three meals and two snacks at the office, plan ahead. Coming prepared will help you avoid getting too hungry and indulging on unhealthy junk food.
5. **Keep healthy snacks at your desk.** Forget vending. Instead, stock your



desk drawer with dried fruit, packaged tuna, jerky, nuts, snack bars and applesauce. If you have access to a fridge, stock up on fat-free yogurt, fresh veggies and bottled water.

6. **Bring in a water bottle.** Start each day with a full bottle of water at your desk and make an effort to drink water often starting first thing in the morning. You'll stay hydrated and energized.
7. **Choose balanced snacks.** When planning snacks for work, choose snacks with a combination of carbohydrates, healthy fats and lean proteins to boost your metabolism, increase energy and feel fuller longer, such as a peanut butter and banana sandwich or an apple with a handful of almonds.

### 10 healthy snacks for the office

Come to work prepared with healthy snacks, and you'll improve focus, increase productivity and avoid packing on pounds. Here are fifteen snack foods to help you stay satisfied.

1. **Walnuts** - Walnuts are high in heart-healthy omega-3 fatty acids and antioxidants. Pair a handful of walnuts with a piece of low-fat cheese, your favorite fruit or a bowl of oatmeal for a fiber-rich morning snack that will help you feel full longer.

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2. **Apples** – Apples are loaded with pectin, which helps suppress your appetite. Eating an apple mid-day helps control blood sugar and may aid in weight loss. Have it with a spoonful of nut butter (cashew, peanut, almond) to add muscle-building protein and healthy fat.
3. **Greek yogurt** – Greek yogurt has twice as much protein as regular yogurt. Plus, it contains healthy bacteria, known as probiotics, to keep your digestive tract healthy. Top six to eight ounces of Greek Yogurt with 3/4 cup of berries for a mid-day snack.
4. **Beef jerky** – Beef jerky is a great source of protein and comes in a bunch of flavors for variety. Opt for the 96% fat-free jerky when possible. Eat one to two servings of jerky with a piece of fruit, such as an apple or pear, for a balanced snack.
5. **Oatmeal and blueberries** – Complex carbs like oatmeal provide steady, long-lasting energy, and help you feel full longer. Top off 1/2 cup of hot oats with 1 cup of fresh blueberries, which are packed with nutrients that help promote brain function.
6. **Spinach salad** – Mix up a fresh salad with 2 cups of spinach (rich in energy-boosting magnesium), 1 cup of antioxidant-packed strawberries, and 1/2 cup of black beans and one large hard-boiled egg for extra protein.



7. **Carrots and hummus** – 10 carrots pair well with 1/2 cup of hummus. This low-calorie combo is packed with beta-carotene, fiber and healthy fat to help you feel full throughout the afternoon.
8. **Low-fat cottage cheese and pineapple** – Half a cup of low-fat cottage cheese is high in protein and calcium, while 3/4 cup of fresh pineapple offers a sweet topping that can decrease inflammation in the body and improve digestion.
9. **Pear and cheese** – This simple snack is low in calories and perfect for portion control. A pear and a fat-free mozzarella cheese stick are rich in calcium, vitamin C, potassium and fiber.
10. **Edamame** – Snack on a 1/2 cup of edamame for a delicious, calorie-controlled snack that's rich in fiber and protein. You can buy edamame fresh at the supermarket or keep a bag of frozen edamame in the freezer.

## Recipe

### Pack-and-go healthy lunch recipe for work: Turkey, corn and sun-dried tomato wraps

#### Ingredients

- 1 cup corn kernels, fresh (see tip) or frozen (thawed)
- ½ cup chopped fresh tomato
- ¼ cup chopped soft sun-dried tomatoes
- 2 tablespoons canola oil
- 1 tablespoon red-wine vinegar or cider vinegar
- 8 thin slices low-sodium deli turkey (about 8 ounces)
- 4 8-inch whole-wheat tortillas
- 2 cups chopped romaine lettuce



#### Directions

1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

**Tip:** To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about ½ cup kernels.

Source: EatingWell.com