

# EATING HEALTHY AT THE OFFICE



## WHY IS IT IMPORTANT?

It's easy to grab a soda, energy drink, or even a candy bar while we are tired at the office. What we don't realize is how this affects our body. These snacks & drinks are filled with sugar, which can cause inflammation & spike our blood sugar. This only leads to a harder crash later on. Believe it or not...replenishing with whole foods & water actually gives us more energy and helps us feel better in the long run.

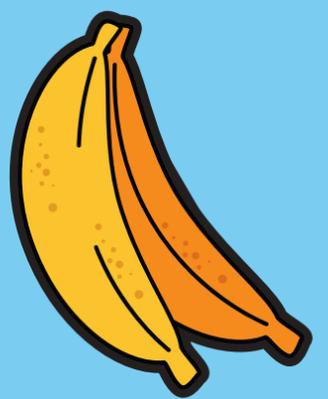


## DRINK PLENTY OF WATER

We should be drinking half of our body weight in ounces PER DAY! If you're not used to this, that's okay. Start out with small goals, maybe 2-3 glasses & build from there. Also, try spicing up your water with lemon, limes, or strawberries! Learn to identify sugar on labels (Ex: High fructose corn syrup, fructose, sucrose, etc.) Stay hydrated! It's amazing how much better you will feel.

## AVOID VENDING MACHINES

It's easy to run down to the closest vending machine to grab a yummy snack. However; the options presented to you may not be the healthiest. Come to work prepared. Pack a snack. During the day, you want to get an adequate amount of GOOD fats, carbs (and no we don't mean white bread), and proteins. Bringing your own lunch can help you make these healthy choices. Choose a banana, apple, or carrots!



## WHAT DO WE MEAN HEALTHY CARBS, FATS, AND PROTEINS?



Here are some examples to foods to include in your diet in order to get your carbs, proteins and fats!

- Carbs- Fruits, Veggies, and whole grain bread.
- Fats- Nut butters (Ex: peanut butter), coconut oil, nuts, salmon, and avocados.
- Proteins- Lean meat (Ex: chicken), beans, and even mushrooms!