

# 10 TIPS FOR EATING WELL at WORK

Eating well at work can be a challenge. Try out these 10 tips for maintaining a healthy diet on the clock!

- 1 Plan and pack ahead.
- 2 Bring a nutrient-dense lunch to keep you fueled and feeling full.
- 3 Keep fresh fruits and vegetables handy to snack on throughout the day.
- 4 Opt for healthy, 100% whole grains such as 100% whole wheat breads.
- 5 Opt for fruits and vegetables as sides.
- 6 Opt for healthier fats (even in food preparation) such as avocado, extra virgin olive oil, or flaxseed oil.
- 7 Opt for lean meats and proteins like grilled chicken breast, grilled salmon, beans, or tofu.
- 8 Be mindful of excess and added sugars in common snack items, coffees, etc.
- 9 Understand nutrition labels when selecting groceries.
- 10 Be aware of added fats and sugars when dining out.



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