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.