

HEALTHY EATING HABITS AT WORK

Healthy eating habits in the workplace contribute to better overall well-being, sustained energy levels, and improved productivity. Here are some key healthy eating habits to practice in the workplace:

1. **Balanced meals:** Aim for balanced meals that include a combination of macronutrients - carbohydrates, proteins, and healthy fats. Include whole grains, lean proteins (such as chicken, fish, tofu, or legumes), plenty of vegetables, and a moderate amount of healthy fats (like avocados, nuts, and seeds) in your meals.
2. **Portion control:** Be mindful of portion sizes to avoid overeating. Use smaller plates or containers to help control portion sizes, and listen to your body's hunger and fullness cues.
3. **Regular meals and snacks:** Establish a routine of regular meals and snacks to maintain consistent energy levels throughout the workday. Aim for three balanced meals and incorporate healthy snacks (such as fruits, yogurt, nuts, or raw vegetables) to keep hunger at bay and prevent overeating.
4. **Hydration:** Stay adequately hydrated by drinking plenty of water throughout the day. Keep a reusable water bottle at your desk as a reminder to

drink water regularly. Avoid excessive consumption of sugary drinks and opt for water, herbal tea, or infused water instead.

5. **Minimize processed foods:** Reduce the intake of processed foods, such as sugary snacks, candies, chips, and fast food. These foods are



often high in added sugars, unhealthy fats, and sodium, which can lead to energy crashes and poor health outcomes.

6. **Pack your own meals:** Prepare and bring your own meals to work whenever possible. This allows you to have control over the ingredients and portion sizes. By planning and prepping meals in advance, you can ensure a healthier and more nutritious diet.
7. **Choose healthier options when dining out:** If you need to eat out, make healthier choices by opting for salads,

grilled or steamed options, and dishes with lean proteins and vegetables. Limit high-calorie sauces, dressings, and sugary beverages.

8. **Mindful eating:** Practice mindful eating by paying attention to your food, savoring each bite, and eating slowly. This helps you recognize when you are full and prevents overeating. Avoid eating at your desk or while multitasking, as it can lead to mindless eating and poor digestion.

9. **Snack smart:** Keep a stash of healthy snacks at your desk to avoid reaching for unhealthy options when hunger strikes. Choose nutritious snacks like fresh fruit, nuts, seeds, yogurt, or cut-up vegetables.

10. **Supportive workplace culture:** Encourage a supportive workplace culture that promotes healthy eating habits. Organize healthy potlucks, share healthy recipes, or establish a wellness committee to foster a culture of wellness and make healthy eating easier for everyone.



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