

# – THE 6-WORD GUIDE TO EATING WELL AT WORK –

## HAVING A HEALTHY MEAL AT WORK IS AS **SIMPLE** AS:



### ① **PLAN**

Spend a few minutes on the weekend writing an eating plan for the week ahead and get some healthy snacks ready so you don't end up grabbing something unhealthy.

### ② **PACK**

Pack your lunch the night before and make it even easier for yourself by cooking enough dinner so you can take left-overs.

### ③ **PICK**

Pick the right snacks to take to work with you, so you always have something healthy on hand when you get hungry. Try low-fat yoghurt, veggie sticks or a fruit and nut mix.

### ④ **SIP**

Keep a glass or a bottle of water on your desk to sip on throughout the day, and make regular trips to the water cooler for top-ups and a stretch.

### ⑤ **SHOP**

Be a smart shopper – always have a shopping list and choose wholesome snacks to have at work. Small tubs of fruit are a great snack option!

### ⑥ **STOP**

Stop and savour your food. When you take the time to enjoy what you're eating, you'll be less likely to overeat and you'll give yourself a mental break.

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