

Stay healthy at work

When work is busy, it can be easy to lose track of your health goals.

Don't assume you have no time to pack healthy snacks or that it's too expensive. If you use some of the shortcuts below instead of buying something while you're at work, you'll likely save yourself time and money. And, these nutritious options won't leave you feeling sluggish by 4 p.m.

Time-saving, healthy ideas include:

- Canned fruit (in juice, not syrup) with Greek yogurt
- Mini microwave packs of frozen vegetables
- Dried fruit and nuts – make your own healthy trail mix
- Pre-chopped fruits, vegetables and salad



DID YOU KNOW?

Frozen and canned fruits and vegetables have the same nutrients as fresh. In some cases, they may be even more nutritious because they are canned or frozen soon after harvest.

Source: Produce for Better Health Foundation

Drinks matter too.

Do you reach for coffee throughout the day? Consider cutting back and replacing it with water. You could reap numerous benefits of reduced caffeine intake, including:

- **Better sleep.** Caffeine can take several hours to leave your body completely. This means that afternoon cup could be keeping you awake many hours later.
- **Reduced stress.** You're sleeping better – and better sleep helps you cope with stress.
- **More energy.** Hydrating with water can fight fatigue.
- **Less anxiety.** Caffeine can trigger anxiety – or make it worse – in some people.