Healthy food choices at work

Different work environments pose different challenges when it comes to healthy eating.

City centre offices can tempt us with lunchtime takeaways, while homeworkers have a kitchen full of snacks to hand. Those who travel for work might have limited healthy options and nowhere to store or cook their own food. Not to mention the ever-popular potlucks and communal sweet treats.

Wherever you work, these quick tips could help you make healthy, nutritious food choices and boost your energy throughout the day:

1 Plan ahead

Bringing leftovers or a packed lunch to work makes it easier to choose healthy options. You don't have to ditch your favourite café entirely, but planning a few healthy meals each week can help reduce the post-meal-deal carb slump and save some money too.

2 Stay hydrated

It's common to mistake thirst for hunger, so carry a reusable water bottle and aim to drink around two litres per day to ensure you stay fully hydrated.

3 Don't skip meals

It can be tough to keep a routine when things get busy at work, but eating regular meals — including breakfast — can help to regulate your blood sugar levels and prevent overeating later in the day.

4 Practise mindful eating

It's easy to eat on auto-pilot and indulge in the easiest option, especially in times of stress. You can make more mindful decisions by considering the portion size and nutritional value of each meal, then sitting down to truly enjoy it. Remember, you can still enjoy your favourite treats as part of a healthy diet.

Ready to switch up your snacks?

Try these healthy options you can portion up to nibble on the go:

- Fruit and nut mix
- Carrot sticks or pepper with hummus
- Greek yoghurt
- Fresh fruit such as berries, apples or grapes
- Dark chocolate
- Banana bread
- Fruit or protein smoothies

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