



Snack Attack At Work

A Healthy Boost to the Work Day

Are snacks throwing you off your healthy balance goals? Think about why that is. Be prepared with a work-day plan for the times when the munchies hit.

The Top 10 Reasons We Need a Snack Attack Plan

1. We eat too fast
2. We don't enjoy what we eat
3. We eat while doing other things (computer, TV and more)
4. We eat because it is there
5. We eat because we're stressed
6. We eat because we're bored
7. We eat because we're tired
8. We grab what's quick
9. We eat because someone wants us to join them in eating
10. We eat to celebrate

Do you find yourself relating to one, some or all of the reasons above? If so, use the following tips (or create solutions of your own) to plan your work-day snack attack.

TIP #1

Slow down.

When you eat too fast you probably don't really enjoy what you eat. You don't give your brain and stomach time to signal that you've had enough.

TIP #2

Focus.

It is easier to enjoy the taste and feel your hunger is satisfied, if you are not on the phone or using the computer, reading or crunching numbers while you eat.

TIP #3

Find a different remedy for boredom or stress.

Walk the stairs, get a breath of fresh air or spend a couple of minutes doing simple stretches.

TIP #4

Choose wisely for an energy boost.

A high-sugar snack might feel good for the first few minutes, but it won't last. A snack that mixes carbohydrates and protein (such as crackers or fruit with nuts or low-fat cheese) will give you a longer lasting boost.

TIP #5

Keep quick and healthy options on hand.

- Think fruits and vegetables instead of sugary or high-fat foods like soda, candy and chips.
- Plan ahead and pack your coffee break snack while you are making your lunch.

Having healthy, portable snacks on hand will help you stay away from those vending machines, convenience stores and fast-food options.



TIP # 6

Look for healthier choices in vending machines and make a shopping list of foods for your work snack pack.

- **Try this grocery shopping quick list:** Pick up bags of baby carrots, string cheese, nuts, fresh and dried fruit, single serving packs of apple sauce, yogurt, pretzels and low-fat whole-grain crackers.
- **Buy for convenience:** Pre-cut vegetables are a terrific time-saver. Buy ready-to-eat, packaged and prepared fresh fruit and vegetables that are already cleaned. Look in your local supermarket for sliced fruits such as melons or fresh pineapple.
- **Pick fruits and vegetables that require little peeling or chopping.**
 - Grab nature’s original fast food: apples, bananas or oranges, or a small sandwich bag with cherries, grapes, dates, figs, prunes, raisins or dried apricots.
 - For vegetables, try baby carrots; cherry tomatoes; cauliflower; broccoli; red, yellow or green pepper slices; or a box of vegetable juice. Try dipping your vegetables in low-fat or non-fat salad dressing.

TIP # 7

Be considerate and ask the same of others.

Rather than having tempting food sit around in the staff room all day, just keep it out for a set time. Ask your coworkers to support healthy changes. After all, it’s good for everyone to try to stay away from foods that are high in fat and sugar.

TIP # 8

Celebrate with healthy balance!

- Step away from the table! The buffet table is a real temptation to overeat. Remember that office and holiday parties are a time to celebrate with family, friends and colleagues – they’re not just about the food.
- It’s easy to overindulge at parties. Watch your portion sizes and select just one or two of your favorites from all those tempting foods.
- Leave those extra calories behind – take the butter and sugar off the table.
- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates.
- Remember, calories add up! This is especially true during the holidays when we snack more. It takes a 150 lb. person about 23 minutes of brisk walking to burn up an extra 100 calories.

Tips on the Web

For more information, dietary guidelines for Americans and A Healthier You recipes, visit the Department of Health and Human Services at <http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html>.

Developed by the Dairy Council of California, the Meals Matter site has recipes, a personal nutrition planner, a fitness planner and more. <http://www.mealsmatter.org/>

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