



Healthy Habits

Tips and resources for living well



This Month: Eating Healthy at Work

It's easier than you think! Making smart food choices at work is often seen as a challenge. Healthy food is often viewed as expensive and difficult to find, but it doesn't have to be that way! In this edition of Healthy Habits, we'll show you how adopting healthy eating habits at work can not only be easy, but also save you money! Planning ahead, bringing in lunches, and making informed decisions at restaurants and company potlucks can help you balance your plate without burdening your wallet or to-do list.

Cooking for the week ahead Keep healthy food at hand

Following a well-balanced meal plan doesn't have to be time-consuming. Planning ahead can help! On a day that you have off, cook a few healthy foods in bulk so you have leftovers all week. Here are a few nutritious dishes you can make ahead of time:

- **Make a whole bag of brown rice.** Wait for it to boil and then simmer for 45 minutes.
- **Purchase a bag of sweet potatoes.** Poke holes in each of them and bake at 350 degrees for 30 – 45 minutes.
- **Roast a whole chicken.** Season it with your favorite spices. Place in the oven at about 375 for 20 minutes per pound.
- **Roast a large batch of mixed vegetables.** Choose your vegetables (butternut squash, zucchini, summer squash, bell peppers, or any other veggies you like) and chop them into pieces that are roughly the same size. Toss with a tablespoon of olive oil and your favorite herbs and spices. Cook until vegetables begin to brown.

A healthy lunch box: Stir-Fry Meal and Healthy Snacks

Eat healthy all day long by bringing filling, nutritious snacks and a satisfying meal to work.

Ingredients:

- ½ cup brown rice
- 3 oz. lean chicken breast
- ½ bag spinach
- ½ cup cooked, low-sodium black beans

Directions:

1. Cook the brown rice (1 cup of water for ½ cup rice – simmer for 45 minutes).
2. Chop the chicken and heat in a frying pan until cooked through.
3. Combine chicken and rice with the spinach and pre-cooked beans. Cook all ingredients over medium heat for 2-3 minutes.

Plus, add these healthy snacks:

- 1 piece string cheese
- 1 hardboiled egg
- ½ cup raw carrots
- 1 small apple
- 1/4 cup mixed nuts

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Dining out with coworkers

Tips for a healthier meal

Occasionally it's nice to take some time away from the office and enjoy a meal out with coworkers. Try these tips to help you maintain your healthy habits while dining out:

- **Suggest restaurants** that tend to have healthier options. If you're not sure which restaurants have healthy options, look at online menus of nearby restaurants to see what's available.
- **When choosing side dishes**, ask for steamed vegetables, fresh fruit, or a side salad instead of mashed potatoes or fries.
- **When selecting your favorite foods**, make some simple upgrades. Ask for your burger to be wrapped in lettuce instead of a bun.
- **Avoid sweetened beverages.** Ask for water instead. It will save you both calories and money.
- **Go halvesies.** Often restaurants serve very large portions. If you are dining out with a colleague, offer to split an entrée with them. The portion size will likely satisfy you, and so will the price!

Fitting in fitness at work

Quick, simple workout ideas

Exercising at work is a perfect way to incorporate physical activity into your busy routine. These workout tips can help you increase your fitness, energy, and productivity levels:

- **Do a 5-7 minute workout during your work break.** Download a free fitness app such as Workout Trainer for equipment-free workout ideas.
- **Get up every hour to stand up and stretch.** Set up a reminder on your calendar or phone to prompt yourself to get up and move!
- **Keep light dumbbells or resistance bands in your desk drawer.** Try doing arm exercises such as bicep curls while on the phone or during your lunch break.

QUIZ: How much do you know about healthy eating at work?

Treats in the workplace

Enjoy in moderation!

There are often temptations at work that are difficult to avoid. Friends bring in birthday cake, your company provides a pizza lunch... Of course you want to join in the fun, but you don't want to sacrifice your healthy eating habits. These tips can help you get the best of both worlds:

- **Eat treats in moderation.** Have a small serving of the treat you like best—and steer clear from the rest.
- **Keep a stash of healthy snacks at work.** This will help you supplement your treat with healthy munchies like carrots or trail mix.
- **Snack on healthy foods during the day** to keep yourself feeling full. Vegetables and a piece of light string cheese, or an apple with whole-grain crackers, is a balanced, filling snack.
- **Provide healthy choices.** If there's a potluck, make a healthy option. Bring a vegetable frittata, salad, or steamed, mixed vegetables to share.

1. **True or false: It's a good idea to cook in bulk on the weekends so you have leftovers to use during the week.**
 - a. True
 - b. False
2. **True or false: If you are going out to eat, there are ways to adjust your meal to make it more nutritious.**
 - a. True
 - b. False
3. **True or false: It is always easier to go out for meals than it is to cook at home.**
 - a. True
 - b. False

Answers: 1 a, 2 a, 3 b.