Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Healthy snacks to keep on hand at work

Whether you work from home, at an office, on a job site, or on the road, you will get hungry at some point. When you do, you'll be more likely to make healthy choices if you have healthy options available.



Make a point of keeping plenty of healthy snacks on hand and satisfying those cravings without guilt.

Here are a few great healthy snack ideas:

Nuts – Almonds, walnuts, peanuts and other nuts are delicious, loaded with protein and good fat, and highly portable. You can snack on nuts throughout the day, regardless of your work environment. However, because nuts are calorie dense, be careful not to overindulge. While you're at it, choose unsalted or low-salt nuts whenever possible.

Dried fruit – Raisins, dried cranberries, dried apples, dates, figs and other dried fruits are a tasty treat that should satisfy your sweet tooth and your hunger. Dried fruit also adds fiber to your diet, which can help you feel full and keep you regular.

Tuna – Snack size pouches of tuna and tuna salad kits are an excellent source of protein. They are also convenient and do not require refrigeration - though you'll need to remember to pack a spoon.

Peanut butter and crackers – Keep a jar of peanut butter and a box of crackers in your credenza or locker and enjoy a filling treat whenever hunger strikes. Peanut butter is also delicious with apples, celery, and carrots. Remember to watch your portions, because any nut butter is high in calories and fat.

Fresh fruit – Just as a bowl of fresh fruit at home is beautiful and inviting, the same is true of a bowl of fruit at the office. Let it serve as a visual reminder of your commitment to a healthier lifestyle, and indulge in a piece of juicy goodness whenever the mood strikes.

Dark chocolate – Yes, chocolate is good for you…in moderation. Flavanols found in cocoa beans have antioxidant effects and have been linked to lower blood pressure, improved vascular function, and a reduced risk of stroke, diabetes, and heart attack. When you're feeling stressed or hungry at work, try a small square of dark chocolate with an orange for an indulgent treat that's sure to lift your mood.

Low-fat yogurt – Greek yogurt is thick, creamy and loaded with calcium. Enjoy fruit-on-the-bottom style yogurt or try plain Greek yogurt as a dip for carrots, celery, and crackers.

Hummus – Hummus is a tasty spread made from chick peas, also called garbanzo beans. It's great for dipping your veggies into as well as with baked pita chips.

Cheese – With its fat and protein content, even a small portion of cheese can keep hunger pangs at bay – plus, it's loaded with calcium. Cheese sticks or individually wrapped cheese is an easy and convenient healthy snack.

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