

Eating 9 to 5!



Is workplace stress eating away at you? Don't feed your feelings with food!

If you reach for a sweet treat when you're stressed at work, you're not alone. Studies show that stress increases the desire to eat for some people. High-fat, sugary snacks are common comfort foods chosen to cope with stress.

The next time you're stressed at work and craving a treat, ask yourself: am I hungry? If the craving comes from stress rather than hunger, food won't satisfy it. If eating to deal with stress becomes a habit, it could be bad for your waistline.

Don't let food be your comfort.



No time to pack lunch? Navigate the food court or cafeteria with dietitian-approved tips.

I spy with my little eye something that is healthier:

- Want salad satisfaction? Choose dark leafy greens, colourful veggies, protein-packed legumes (beans, peas and lentils) and whole grains such as barley or quinoa. Drizzle dressing lightly.
- Love pizza? Get a thin whole grain crust, load on the veggie toppings, stick to a single layer of cheese and steer clear of salty, high-fat meats.
- Craving a sandwich? Choose whole grain bread. Double up on veggies. Skip deli meats – go grilled instead. Get spreads on the side and use just a little.
- Satisfied by stir-fries? Ask for extra veggies and less sauce with your chicken, tofu or shrimp stir-fry. Choose brown rice instead of white.



Get inspired with recipe ideas from **Cookspiration** and serve up a nutrition tip a day with **eaTipster!**



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Midday slump setting in? No need for caffeine! Get back up with energy-boosting habits.

Try these three healthy habits to help yourself skip the slump:

1. Move it! Stand up during phone calls, walk to deliver messages instead of emailing, or do a few stretches at your desk.
2. Grab a small snack. If you're hungry, have a snack with carbs to fuel your brain and protein for longer-lasting energy. Dip carrot sticks in nut butter, or enjoy cottage cheese with fruit.
3. Drink water. Staying hydrated helps you avoid that sleepy feeling. Add cucumber, lemon and mint to perk up your cup. Replenish often so you can keep on sipping before a slump sets in.

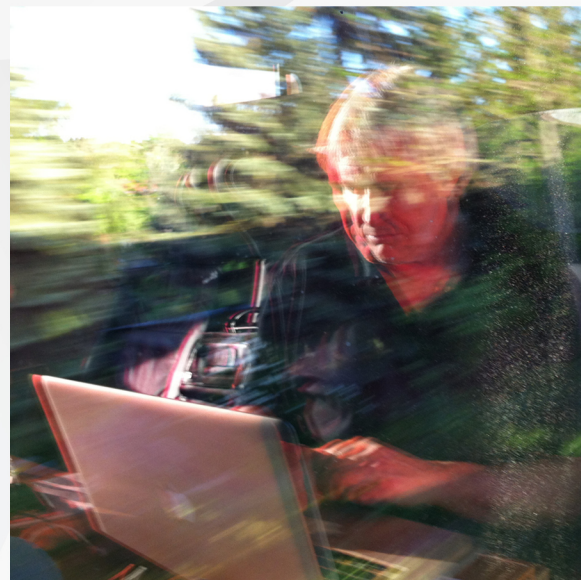
For packable snack ideas to power your afternoon, visit *Cookspiration*.



Long commute? Before you head home, grab a drink to wet your whistle.

Staying hydrated helps us feel refreshed and fight fatigue. Here are a few super sips to pack ahead or pick up while waiting for transit:

- Water. Plain or fizzy, it's Mother Nature's elixir! Bring a reusable bottle to work daily and refill it with fresh water before you leave.
- Latte. Frothy and filled with nutrient-rich, hydrating milk. Go plain and low fat, without sugary syrups or whipped cream. Try decaf to cut the caffeine.
- Tea. Ask for green, black or herbal tea. Skip the sugar; enjoy the taste of the tea itself.



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