**Healthy Eating @Work**

**Best Environment...**

Take a break from your workspace. Go to the cafeteria or outdoors to eat. The point is to savor your meal. If you do stay at your desk, set a side your work as often as possible while you eat.

**Best Choices**

Low-calories, low-sodium soups are a best bet. Low-sodium, high-fiber vegetable juice can serve as a tasty snack drink.

Easily portable dairy. String cheese comes prewrapped in individual portions. Be sure to eyeball the sodium counts in cheeses, and pick one with the lowest per serving. In yogurt, choose part-skim varieties with less than 6 grams of fat per serving. Check the sugar in yogurt and aim for the lowest there too.

Fruits or nuts. Apples, pears and oranges are easy to pack and provide fiber and essential nutrients. Choose dried fruits without added salt, sugar or preservatives. Almonds and walnuts deliver filling, heart-healthy fats and essential minerals. A serving size for nuts is 1 ounce—that’s about 23 almonds or 14 walnut halves.

Whole grains such as cereal, popcorn and oatmeal are fiber-filled, whole-grain foods. Be sure to check the fat, sodium and sugar content. Pass up products featuring “enriched” as part of the first ingredient.

**Best Advice**

Snack calories count. Eat no more than three snacks, and limit total calories to no more than 100 to 200 calories per snack. Remember, sometimes thirst can feel like hunger, so you can possibly curb your appetite by drinking water or some herbal tea before reaching for food. And don’t forget, calories in drinks count too.

**Top 10 Weight-Loss Tips**

The standard weight-loss advice—“eat less, exercise more”—is effective, but other tricks may help as well:

1. Write down what you eat. Doing so could increase your weight loss.
2. Turn off the TV.
   Television and other screens encourage us to be sedentary. Study participants who cut their TV time in half burned an extra 120 calories a day.
3. Eat more fiber. Americans only eat about half the recommended daily amount. Get more fiber from whole grains, fruits and vegetables.

**Quick Garbanzo Bean Soup**

½ onion (about ½ cup)
3 garlic cloves or ½ teaspoon garlic powder
2 teaspoons vegetable oil
1 can (14.5 ounce) low sodium vegetable or chicken broth
1 can (14.5 ounce) diced tomatoes
2½ cups water
12 can (15.5 ounce) low sodium garbanzo beans, drained and rinsed
¾ cup sliced carrots (about 12-15 baby carrots)
1 teaspoon Italian seasoning
¼ teaspoon salt
1 cup whole-wheat pasta (rotini, shell, etc.)
1 small zucchini, sliced (about 1-2 cups sliced)
Wash, peel, and chop onion. Peel and mince garlic cloves. Heat oil in a large saucepan. Add onion and garlic, and cook over medium low heat for 5 minutes. Add broth, tomatoes, and water to saucepan. Stir in garbanzo beans, carrots and seasonings. Cook on medium high heat about 5 minutes. Stir in pasta and zucchini. Reduce heat to medium low. Simmer about 10 minutes or until the pasta is tender. Serve immediately or refrigerate.

Nutritional Information: Serving size: 1 serving equals:
130 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 310mg sodium, 24g carbohydrate, 4g dietary fiber, 3g Sugars, 6g Protein, Vitamin A 45% DV, Vitamin C 25% DV, Calcium 4% DV, Iron 10% DV

White Chicken Chili
1 tablespoon oil
1 medium chopped onion
1 teaspoon garlic powder
1 (15 ½ oz.) can white beans
1 cup cooked chicken, chopped*
1 (4 oz.) cans chopped green chilies
¾ teaspoon ground cumin
1 cup chicken stock or water
Tabasco sauce (optional)

*Or, substitute 10 oz. can white chicken breast

In large frying pan heat oil and onion, cook until tender. Add remaining ingredients. Cover, bring to boil and reduce heat. Simmer 20 minutes. Add more water if needed. Makes 4 servings.

Nutritional Information: Serving size: 1 serving equals:
270 calories, 6g total fat, 1g saturated fat, 30mg cholesterol, 450mg sodium, 32g carbohydrate, 6g dietary fiber, 4g Sugars, 21g Protein.

Drink more water.
Two cups of water before each meal may help you shed more pounds.

Step on the scale.
Individuals who weigh themselves more frequently (at least weekly) are more successful at weight management.

Find a buddy.
Team up with a household member or join a support group for better results.

Toss the junk.
Discard any food or drink in your pantry or fridge that would interfere with your weight-reduction plan.

Sleep well.
Women who sleep less than 5 hours a night are 32 percent more likely to have major weight gain than those who sleep more than 7.

Check your meds.
Many medications can lead to weight gain—check with your doctor or health care provider if you’re concerned.

Simmer Down.
Stress can increase your risk of weight gain. Fortunately, exercise helps manage stress and promote weight loss.

Traveling Well
Wherever you go on vacation, careful health planning can help you stay well.

In the USA...
☑ Pack health insurance cards as well as medical contact information.
☑ At high altitudes, rest a day or two to adjust to less oxygen. If you have a heart or lung disorder, check with your doctor or health care provider before going above 3,000 feet.
☑ During long trips, take walking breaks to avoid circulation problems.
☑ Bring water and nutritious snacks, and skip the fast-food restaurants.

Hit the Trail Mix
2 cups unsweetened cereal (Cheerios, Wheat Chex, Fiber One, Cracklin’ Oat Bran or All Bran)
2 cups sweetened cereal (such as Honey Nut Cheerios, Frosted Mini Wheats or Life)
2 cups small pretzel twists
1 cup dried fruit (raisins, dried cranberries, dried apricots, or pineapple, chopped into small pieces)
1 cup peanuts

Mix together all ingredients in a large bowl. Store in an airtight container in cupboard for about 1 week, or in freezer for several weeks.

Nutritional Information: Serving size: 1 serving equals:
129 calories, 5g total fat, 0.7g saturated fat, 0mg cholesterol, 160.5mg sodium, 19.2g carbohydrate, 1.9g dietary fiber, 4g Sugars, 3.6g Protein.

If seated next to an unwell individual on a plane or bus, move to another seat if possible.

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