

Snacking at work.

A recent survey by Dutch organic food maker Kallø found that on average, women who snack at work consume an extra 100,000 calories a year. The survey found that unhealthy snacks appeared to reign supreme, with crisps, chocolate and biscuits being amongst the worst offenders. One in five of the women said they had no will power to abstain from office treats, while three in ten said they end up snacking just because the food is there.



Start your day with a healthy, filling breakfast.

Many of us are tempted to start snacking from mid-morning, so it's important to start your day with a healthy, filling breakfast to try and reduce your craving to snack. You could try:

- Wholegrain cereal
- Eggs or baked beans on wholegrain toast
- Muesli, fresh fruit and low-fat yogurt
- Porridge

And make sure to eat a proper lunch to ensure you don't feel hungry, so are less likely to snack in the afternoon.

Snacks are important.

Snacks can form an important part of your diet, particularly for keeping energy levels topped up. But we need to snack on the right types of foods to get an energy boost in a healthy way.

If you are going to snack choose smaller portions and healthier items like fruit, oatcakes and rice cakes. Just an extra 500 kcal a day on top of the recommended calorie intake (2000 kcal a day for women and 2,500 kcal a day for men) can cause a 1lb weight gain per week. Follow these top tips for healthy, high energy snacking at work:

- **Make healthy snack choices** – choose seeds, nuts, crudités and dried or fresh fruit. If you have a fridge at work you could try hummus, low-fat cottage cheese and yogurt.
- **Drink more water** – 6 to 8 cups/glasses of water a day will give a more powerful boost to your energy levels than coffee or fizzy drinks.
- **Be more aware of what you're eating when you eat** – stop eating while working as you'll be distracted by other things. Take a short break to focus on your food.
- **Unhealthy snacking is mainly down to habit** – if your habits are well ingrained, like always having a biscuit with your cup of tea or coffee, try to reduce your habit gradually. For example, have a biscuit with every alternate drink.

Avoid temptation.

It can be really difficult to resist the temptation to snack, especially in an office environment when colleagues are bringing in treats. Explaining to colleagues that you're trying to cut down and asking them not to offer you snacks and treats can help, as can recruiting a colleague to join you on your healthy eating journey!

Check food labels.

To help you take action, check out the food labels on your snacks. Many snack foods are pre-packed and therefore have a nutrition label on their packaging, allowing you to keep an eye on the amount of fat, salt and added sugars in your snacks.

All nutritional information is provided per 100 grams of the product and for the pack as a whole. Always select snacks that are low in fats, sugars, salt and sodium. To tell if a snack is as healthy as it can be, follow this simple rule of thumb:

A little means (per 100g):

- 3.0g or less of total fat
- 1.5g or less of saturated fat
- 5.0g or less of sugars
- 0.3g or less of salt
- 0.1 g or less of sodium



Change4life recommends looking for 100 calorie snacks – 2 a day max.

A medium sized banana for example, contains 95kcal