Make Work, Home, Grocery Stores, and Restaurants Work for You

Take the work out of eating at work.

From office pastries to afternoon snacks to increase energy, the workplace can be a challenge for staying on course to eat healthy. **A little food preparation goes a long way.**

- ✔ Bring your lunch to work. This can often be healthier than buying it.
- ✔ Keep fruit and vegetables in a plastic container in the fridge at work for snacks.
- ✔ Bring groceries in on Mondays and keep them in a refrigerator to make your lunch at work if you don't want to bring lunch each day.
- ✔ Package high-power snacks, such as nuts, in small containers so you don't get famished or eat too much.

Make home your healthy place.

Sticking to a healthy plan is a lot easier when you can rely on having nutritious food available at home.

- ✔ Avoid "hiding" treats. You'll know where to find them.
- ✔ Prepare a few healthy snacks and keep them on hand as soon as you get home from the grocery store. Chop strips of peppers or celery or fruit so that healthy snacks are readily available when you get a food craving.
- ✔ Create a cooking ritual at home. Whether it's calling a friend, listening to music, or catching up on a TV show while you cook, pairing cooking with another rewarding activity makes it all the more enticing and beneficial.

Create a grocery store game plan.

The grocery store is your key to success. Plan before you go, and let an entire healthy week unfold.

- ✔ Make a shopping list based on your weekly meal plan, and stick to it.
- ✔ Focus on shopping the outer aisles where the fresh food is located. The inner aisles contain a lot of processed food and snacks that aren't as heathy. This also helps prevent temptation if you bring your kids shopping with you.
- ✔ You know this one: shop on a full stomach so you're not tempted to buy unhealthy processed food or junk food.

Restaurants: Order with ease.

- ✔ Look at the menu and nutrition info online before you go.
- ✔ Decide what you're going to order before you go to a restaurant so you're not tempted by the look and smell of less healthy choices.
- ✔ Avoid buffets.
- ✔ Ask your server how food is prepared before deciding what to order.
- ✔ Ask for veggies instead of fries or other high-calorie side dishes.
- ✔ Choose baked, steamed, grilled, or broiled instead of fried.
- ✔ Share your main dish with a friend or eat half of it and wrap up the rest to take home to eat later.
- ✔ Order sauces, salad dressing, or spreads on the side, and use sparingly.
- ✔ Avoid items that seem healthy but aren't, such as salads loaded with dressing, cheese, croutons, and bacon.