



Women's Health at Work



LUNCHBOX AT WORK

Having a healthy lunchbox is an important part of a healthy eating plan. A healthy lunch will help you avoid the mid afternoon crash and reduce the chances of you being starving when you get home which often leads to unhealthy snacking while you are waiting for dinner to cook.

So today we have a few lunchbox tips to help you out.

- Firstly you need to ensure you are having regular meals and snacks while at work. This includes morning tea, lunch and afternoon tea. Morning and afternoon tea do not refer to tea/coffee and cakes or biscuits; you need to make healthy snack choices.
- Always include a piece of fruit this can be a quick, easy snack to have while working at your desk,
- Packing yoghurt into the lunchbox is a great way to help increase calcium intake. Try adding some fresh fruit to low fat Greek yoghurt for extra taste to a healthy option.
- A great way to increase vegetable intake is a snack box of raw veggie sticks and cherry tomatoes. This can be served with a small tub of low fat hummus for extra flavour and protein.
- Sandwiches are a popular choice for lunch. Try to squeeze in some vegetables wherever you can. Try grated carrot or sliced cucumber in the sandwich and make sure the sandwich has other healthy ingredients such as lean meats and wholegrain bread.
 - When you can, replace processed, packaged meats such as ham with leftover roasted or grilled chicken or beef.
 - Otherwise, you can try something different such as brown rice salad with tuna and veg OR quinoa with chickpeas and veg.
- Another great lunch option is salad with some kind of protein such as leftover chicken, a tin of tuna or some beans or legumes. Adding protein to your salad will help you feel fuller for longer

- Keep a bottle of water next to you on your desk to remind you to drink water and help keep you hydrated.

Try using these tips to make the lunchbox as healthy and tasty as possible and remember that we're trying to ensure we eat healthy at work so that we can maintain a healthy, balanced diet throughout the whole day.

This message was developed in partnership with:



The SHAPE program is a group based program which can help you to learn how to have a healthy lifestyle. For more information contact WentWest on (02) 8811 7100