

10 foods to keep in your desk drawer

We spend most of our day at work, so what we eat during this time can make or break our healthy eating habits. Having a selection of nutritious foods stashed in your work fridge means that when hunger strikes, you can create a quick and healthy snack or meal.

Our top 10 go-to foods have a long shelf life, don't require refrigeration and are budget friendly, making it just that little bit easier to make it through to pay day.



- 1. Nuts** – raw and unsalted, almonds, macadamias, cashews and more – nuts are one of the easiest and most nutritious foods around. Packing a nutritional punch with healthy fats, protein and fibre, this is a snack that's hard to beat. Just be sure to watch your portion size and keep it to one small handful per day.
- 2. Fruit tubs** – diced fruit in juice or pureed is the perfect snack to combat that 3pm sweet craving. The natural fruit sugars will satisfy your sweet tooth, and the fibre will help keep you feeling full until your next meal.
- 3. Wholegrain crispbread** – crispbreads stash easily in your desk drawer and provide the perfect base for a balanced mini-meal. Top with tuna, avocado, 100% peanut butter, or the trusty tomato and cheese.
- 4. 100% nut spreads** – loaded with healthy fats, protein and fibre, a tablespoon of peanut, almond or macadamia spread is sure to hit the spot. Spread onto sticks of celery, wholegrain crispbread or sliced apple. (Does not include hazelnut spreads with added sugar – sorry!)
- 5. Muesli or oats** – the perfect option for people who prefer to eat breakfast at work. High in fibre and low GI, just pour into a bowl and add milk, or add some to your yoghurt for a bit of extra crunch.
- 6. Baked beans** – baked beans are packed with fibre and low GI, so they'll keep you feeling fuller for longer. Eat straight out of the can, or heat and serve on top of a slice of wholegrain toast.



7. **Canned corn or 3 bean mix** – A convenient way to make sure you get your five vegie serves in per day. Eat straight out of the can or toss into salads to add a nutritional punch.

8. **Canned tuna or salmon** – fish is high in omega-3's essential to help keep you mentally sharp at work. Eat straight from the can, serve on top of wholegrain crackers or toss into a salad.



9. **Microwave rice** – the perfect addition to a desktop lunch. Add tuna and a can of 3 bean mix, and voila! Lunch is served!

10. **Canned soup** – canned soup is a quick and easy way to fit in lunch, when you don't have time for lunch. Some varieties contain up to 2 serves of vegies per can, and paired with a slice of wholegrain toast or roll, makes a tasty and satisfying choice. Try to choose salt reduced varieties.



Do you have a question on how to eat better at work? Are you interested in becoming the nutrition champion for your workplace?

Contact the **ACT Nutrition Support Service** on **02 6162 2583** or visit our website **www.actnss.org**