

## **Keep healthy foods at your desk or in the fridge at work**

### **Don't let snacking on unhealthy foods at work be your diet downfall**

Try one of these healthy snack options to provide you with more energy — and fewer calories — during your workday.

- Fresh fruit
- Chopped, fresh veggies with low-fat dip
- Instant oatmeal packets (preferably the plain variety) mixed with a mini box of raisins
- Low-fat yogurt
- Soy nuts or other mixed nuts
- Trail mix made with whole grain cereal, nuts and dried fruit
- Air-popped or low-fat microwave popcorn
- Whole grain crackers spread with natural peanut butter or soy nut butter
- Fruit smoothie made with yogurt, tofu, skim or soy milk
- Veggie burger on a whole-grain bun

Take one of the wellness assessments or begin a lifestyle improvement program—such as Highmark's *Balance* weight management—to get a personalized plan that'll help you meet your fitness goals. GuideStone's Well Informed resources include tools to help you make the lifestyle changes to live a longer, healthier life. These include fitness trackers, menu ideas, weight management and stress reduction programs, discounts on gym memberships and supplements, and much more! For more information, go to [www.GuideStoneInsurance.org](http://www.GuideStoneInsurance.org) and choose the "Well informed" link.