

# Power Up at Work

Eating fruits and vegetables while at work can be easy and tasty. Here are a few simple steps you can take to enjoy fruits and vegetables throughout your workday:

## **ENJOY HEALTHY SNACKS**

- Enjoy dried fruits, such as dried apricots and raisins, for a mid-morning snack.
- Eat crisp vegetables, such as baby carrots, celery, and broccoli florets, for a mid-afternoon pick-me-up.
- Drink 100% fruit or vegetable juice any time of the day.

## **PACK HEALTHY LUNCHES**

- Bring vegetables like lettuce, tomato, and onion to put on your sandwich.
- Add a piece of fruit like a banana, plum, or mango to your lunch.
- Have cut vegetables instead of chips.
- Keep a container of vegetables ready to go on the top shelf of your refrigerator so it is easy to add them to your lunch.
- Bring a hearty salad with lowfat dressing.
- Pack leftover cooked vegetables and sprinkle with lemon juice.
- Bring a container of vegetable soup or vegetable stew.
- Pack salsa and corn tortillas.

## **SELECT HEALTHY CHOICES WHEN THEY ARE AVAILABLE**

- Select raw or steamed vegetables instead of French fries.
- Choose a tasty salad with plenty of your favorite vegetables.
- Add extra lettuce, tomato, onion, and avocado to a sandwich.
- Order 100% fruit juice instead of soda.
- Choose fresh fruit for dessert.