

# Healthy Eating at Work for Long-Term Health

## Why Nutrition at Work Matters

The meals you choose at work influence more than your energy during the day, they also shape long-term health. Consistently eating balanced, nutrient-rich foods can lower the risk of chronic conditions such as heart disease, high blood pressure, and diabetes.

## Building a Balanced Workday Lunch

**A strong lunch has four parts:**

**Protein** – keeps you full and helps your body repair (beans, lentils, chicken, tuna, eggs, yogurt).

**Whole Grains** – steady energy (brown rice, quinoa, oats, whole-grain bread/wraps).

**Fruits & Vegetables** – packed with vitamins and minerals to support immunity and energy.

**Healthy Fats** – support heart and brain function (avocado, nuts, seeds, olive oil).

## Nutritious Workday Lunch Ideas

**Loaded Grain Bowl:** Brown rice or quinoa base with black beans, grilled chicken or salmon, roasted vegetables, avocado, and a drizzle of olive oil.

**Stuffed Pita or Wrap:** Whole-grain pita filled with grilled chicken, hummus, spinach, cucumbers, and feta cheese. Add a side of fruit or roasted potatoes.

**Burrito-Style Wrap:** Whole-grain tortilla stuffed with brown rice, beans, lean beef or chicken, sautéed vegetables, and salsa.

**Hearty Salad with Sides:** Large bed of greens topped with grilled protein, beans, or boiled eggs, plus sides like baked sweet potato wedges and whole-grain bread.

**Pasta Power Bowl:** Whole-grain pasta tossed with marinara, turkey or veggie meatballs, spinach, and parmesan.

## Snack Smarter at Work

- ▶ Greek yogurt with berries
- ▶ Apple slices with nut butter
- ▶ Roasted chickpeas or edamame
- ▶ Trail mix with nuts and dried fruit
- ▶ Veggie sticks with hummus

## Hydration and Breakfast Matter Too

- ▶ Water helps your body process nutrients and stay energized. Aim for 8–10 cups a day, keeping a refillable bottle at your workstation.
- ▶ Eating a nutritious breakfast rich in calcium, vitamin C, and iron before the start of each workday provides energy and helps to reduce your body's uptake of lead.

## Tips for Eating Well at Work

- ▶ Pack the night before to save time in the morning.
- ▶ Batch cook on weekends: prepare beans, grains, or cut vegetables.
- ▶ Rotate proteins and veggies so meals stay interesting.
- ▶ Add a fruit or veggie to every meal to cover nutrient needs.
- ▶ Use insulated containers to keep food fresh until lunch.



### Learn More

- ▶ For more information about Healthy Eating at Work **scan or click the QR code.**

