March is National Nutrition Month®

WORK WITH LEFTOVERS
Preparing meals in advance with extra portions takes care of lunch for the following day and lets you grab-and-go in the morning.

PORTION OUT YOUR PLATE
To be sure your body gets the proper amount of nutrients, use the MyPlate formula when preparing your meals. Your body will thank you later.

SHARE A MEAL
Dinner is a great time to catch up with family and friends. Remember, try not to take work home and enjoy time with your loved ones.

GRAB A SNACK
Choose a healthy snack in the afternoon to help sustain your energy until dinner.

CHECK IN WITH YOUR BODY
If your energy begins to wane, figure out if you are hungry, thirsty or simply looking for a distraction.

CREATE A MEAL PLAN

TAKE HEALTHY HABITS HOME

EAT TO THRIVE FROM 9-5

BEGIN WITH BREAKFAST
Eating breakfast chock-full of protein, whole grains and fruit will energize your entire morning and help prevent overeating later in the day.

FUEL YOUR DAY
Bringing lunch filled with protein and fiber, like a salad with chicken or tofu, helps you avoid unhealthy takeout temptations and prevents you from crashing.

BYOL (Bring Your Own Lunch)

REFUEL WITH LUNCH

GET OVER THE SLUMP

TAKE A LUNCH BREAK
During your lunch break, stretching and taking a short walk will help reset your mind and body.

DEHYDRATION DILEMMA
Hunger is a sign of dehydration. Keep a water bottle handy so you’re always sipping. Remember NYC tap water is the best!

SUGAR & CAFFEINE CRAZE
Consuming caffeinated and sugary drinks may boost your energy in the moment, but you’ll crash later. Try substituting soda and coffee with seltzer, herbal tea and infused water.

TAKE-OUT TEMPTATION
If you’re grabbing food on the go, remember restaurants and deli portions are often enough for two. Consider splitting a meal with a co-worker, or putting half aside for the next day.

FOOD FOR THOUGHT

Visit nyc.gov/workwellnyc
for resources and programs to help you lead a healthy lifestyle.