



FOOD FOR THOUGHT



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.

Visit nyc.gov/workwellnyc

for resources and programs to help you lead a healthy lifestyle.