



**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](http://nyc.gov/workwellnyc)

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