

# ON THE JOB

## Quieting The Mid-Afternoon Munchies

(NAPSA)—Our daily office routine of juggling phone calls, e-mails and meetings has turned us into desktop diners. Chips, candy bars or cookies may become part of our daily diet because they're readily accessible in the office break room.

In fact, 72 percent of American workers eat an unhealthy snack at least once a week on the job, according to a recent survey by Nationwide Better Health.

"Snacking on the job can help keep your energy level up," says Sunbelt Snacks Registered Dietitian Joanne V. Lichten, Ph.D., R.D., and author of "Dining Lean." "The key is to snack smart and in moderation."

Lichten says to consider these snack ideas:

- Plain fresh fruit or fruit with low-fat cheese or cottage cheese.
- Raw vegetables, including carrot sticks, bell pepper strips or cucumber slices.
- Two tablespoons of sunflower seeds or nuts.
- A single serving size of light microwave popcorn.
- An eight-ounce light yogurt or light fruit yogurt smoothie.
- Whole-grain oats granola bar.

"Eat a balanced diet and watch your portion sizes to maintain a healthy weight and proper health," says Lichten. "Exercise is important too. The American College of Sports Medicine and the American Heart Association recommend you get 30 minutes of moderately intensive exercise such as walking, jogging or bicycling five days a week—enough to raise your heart rate, break a sweat and still be able to carry on a conversation."



**Snacking on the job can help keep your energy level up but the key is to snack smart.**

Sunbelt Oats & Honey Chewy Granola Bars are individually wrapped for freshness and portion management and are one of several Sunbelt products to receive the Whole Grains Council (WGC) basic stamp. Each granola bar has half a serving (eight grams) of whole grains and just 130 calories. The suggested retail price: \$1.99 for a box of eight bars. That's the lowest of the major brands.

Why are whole grains important? According to the WGC, the benefits include reduced risk of stroke, type 2 diabetes and heart disease, as well as better weight maintenance. While you receive the greatest health benefit if you eat at least three servings of whole grains daily, some studies show reduced health risks from as little as one serving daily.

"Every whole grain in your diet helps," says Lichten.

Check out [SunbeltSnacks.com](http://SunbeltSnacks.com) for more information.