



7 Healthy foods to keep by your desk

1. Nuts

Nuts are packed full of heart-healthy fats, protein, fibre, vitamins and minerals, making them the ideal snack to have in your office draw for when you get hunger cravings. Almonds are a great source of protein and contain healthy fat that is sure to satisfy your hunger. Cashews, Brazil nuts, walnuts and pistachios are other great healthy alternatives, packed with protein and minerals.

2. Fresh Fruit

If you're seeking a healthy snack alternative, you can't go wrong with fresh fruit. Slice up some berries and fruits in a Tupperware container and simply pop it in the office fridge for a fresh, delicious and healthy mid-morning snack. If you're in a rush then why not grab an apple, orange or pear from the nearest supermarket.

3. Popcorn

For those of you seeking a sweet or salty snack, or maybe a mixture of both, popcorn is a great healthy option. Popcorn is high in fibre and low in calories, a very healthy munching at work option - as long as it's not drenched in butter or sugar!

4. Apples and peanut butter

The fresh apple contains fibre and carbohydrates for energy, while the healthy whole food peanut butter (or you can use almond butter) contains healthy fats and protein to conquer your hunger cravings.

5. Dried fruits

Although fresh fruit and veg are the healthier options, not all of us have the time to purchase fresh fruit on a daily basis. Therefore, a convenient alternative that is sweet, chewy and high in fibre are dried fruits. Dried cranberries, dried mango, dried pineapple, or raisins - are just a few dried options that you can keep in your desk drawer for a healthy energy boost during the day.

6. Protein bars

Protein bars are an incredibly convenient snack, however, ensure that you check the ingredients before purchasing as some bars can be packed with hundreds of calories. Pick one that contains fruits or nuts, as these are rich in protein and vitamins - but double check that it contains fewer than 200 calories.

7. Yoghurt

Low or non-fat yoghurt is a high source of protein and dietary calcium, making it the perfect healthy snack option. If you're looking to add some colour and flavour to your healthy yoghurt snack, why not add some fresh strawberries, blueberries or raspberries.