

Snacking at Work

It's hard enough to think about preparing a lunch for work tomorrow, never mind a snack too! But what if you had a stash of [healthy snack foods](#) with you at work so you could snack healthy without having to prepare something the night before?

Snacks provide you with an extra little boost in the morning or late afternoon. When choosing a snack, make sure it contains both some [protein](#) and [carbohydrates](#) so that you are able to better maintain your blood sugar level and stave off your hunger until the next meal.

Snacks for Your Desk Drawers

- **Dried Fruits:** Raisins, apricots, figs, and dates don't have the water content of fresh fruit, so they aren't quite as filling; still, they last for ages and contain much of the nutrition of their undried brethren. A small box of raisins has 130 calories and no fat.
- **Tuna Salad in a Pouch:** The StarKist Lunch To-Go, for example, has 3 ounces of tuna, mayo, relish, and six crackers, plus a spoon to mix it all up. It doesn't need to be refrigerated and weighs in at a relatively small 210 calories.
- **Nuts:** Great snack items because they're so filling. Walnuts are desirable because they're high in omega-3 fatty acids that protect against heart disease. Limit yourself to 1 ounce -- about 160 calories.
- **Fruit Cookies:** Two cookies have about 110 calories and 2.5 grams of fat. The low-fat varieties have 90 calories and almost no fat.
- **Animal Cookies:** Sixteen of the critters contain only 120 calories. And even vegetarians can enjoy biting the head off a lion or the hump off a camel.
- **Single-Serving Soups:** Look for an 8-ounce serving that has no more than 480 milligrams of sodium. You can find a nutritious cup of soup with 100 to 200 calories.