# WHAT DO YOU WANT TO GET FROM YOUR FOOD TODAY?

## Energy

Avoid energy crashes and get through your day

Have meals and snacks every 3 - 5 hours based on hunger cue

## Mood Stability

Avoid emotional ups and downs, improve resilience to stress.

Chose whole, fiber-rich foods when possible

## Productivity

Be able to focus and avoid brain fog

Take time away from your desk to move your body and eat

## Connection

Use mealtimes to connect with others and yourself. Carving out time away from the workspace is great!

## Joy

Be present. Take three deep breaths before your meal and savor the smell and taste

## Satisfaction

Choose foods you enjoy

Pair them with protein, fat and fiber

To learn more, request a presentation from the Osher Center for Integrative Health's employee wellness team.

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