



Avoid energy crashes and get through your day

Energy

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

Avoid emotional ups and downs, improve resilience to stress.

Mood Stability

Chose whole, fiber-rich foods when possible

WHAT DO YOU WANT TO GET FROM YOUR FOOD TODAY?

Connection

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

Be able to focus and avoid brain fog

Productivity

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

Choose foods you enjoy

Satisfaction

Pair them with protein, fat and fiber

Joy

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

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

