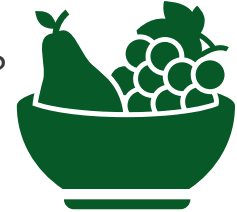


Healthy snacking tips for people working from home

Contributed by Sharlene Johnson, LPC-S, LBSW, LCDC. Mudita Upadhyaya, PhD. Monica Guidry, LCSW Employee Assistance Program, The University of Texas Health Science Center in Houston

What to do, what to do? Are you hungry, bored, scared or lonely? If you are concerned about gaining weight or maintaining your weight while working from home here are some tips to consider.



- Establish a routine that also includes lunch time, morning and afternoon snacks.
- Plan and prepare your healthy snacks ahead of time. Put snacks in measured containers for tracking food intake. Healthy snacks include vegetables, nuts and fruit.
- Keep a food diary manually or electronically to help track what and how much you've eaten. Make adjustments as needed.
- Drink plenty of water. Mayo Clinic recommends intake of 8- 8 ounce glasses daily. This is called 8x8 rule and easy to understand. Set a timer or use an app to remind you and to also track your intake.
- During your lunch and/or snack breaks use about half the time moving, walking in the neighborhood, in and around your home, or dancing (any movement will do) to music.
- When you feel the urge to snack take a moment and determine if you are actually hungry or thirsty. Unsure, drink water first. If you are still hungry eat your snack. Take a moment to move to music, take a short walk or walk the stairs in your home.
- Intermittent fasting of snacks maybe helpful to some people. Have one snack daily or snack only on Monday, Wednesday and Fridays. Movement or reading an article are good alternatives.
- Remember, if you have any significant health issues please email or telehealth your healthcare provider before making any drastic change that may affect your health.

Remember to Plan. Prepare. Proceed.

Please contact [UT Employee Assistance Program](#) services for more information or to schedule a confidential telehealth appointment. We can be reached at **1.800.346.3549** or uteap.org.