

SNACK RIGHT



Diabetes WA's guide to healthy snacking in the workplace

Snack right

It can be difficult to determine which snacks are better for us. When snacking in the city it's important to know what to look for when purchasing pre-packaged food and where you can select a healthier option.

What to look for...

1. Check the nutrition panel and look for packaged snacks that are 500 kilojoules (kj) or less.
2. Check the fat and sugar content to ensure total fat is less than 3 grams (g) per 100g and total sugar is less than 5g per 100g.
3. Often we don't think of our morning coffee as a snack but it is important to remember that it is. A small takeaway coffee with skim milk is about 250–450kj depending on the cup size.



handfuls quickly! As a combination they are quite energy dense, so we need to be mindful of how much we eat. If you have a big bag at your desk, considering portioning it out to stop over-eating. Store them somewhere else, share them with colleagues or leave the bag at home and bring in a smaller container.

5. Try wholegrain crackers and savoury snacks like rice cakes topped with cottage cheese, avocado, vegemite or tomato.
6. A small fruit salad is a great snack idea.



The workplace morning tea

Workplace morning teas are a fun way to celebrate birthdays, milestones or team achievements.

Consider the following points when organising your workplace morning tea:

1. Limit the amount of people who bring food – too many people = too much food.
2. Try to limit your consumption of tomato and BBQ sauce – a tablespoon of these sauces has one teaspoon of sugar.
3. Always serve a fruit platter.
4. Ensure an equal mix of sweet and savoury items.
5. Make smaller portions of everything (mini muffins, sandwiches in triangles etc.) so people won't be tempted to over-eat.
6. Steer clear of pastry items like sausage rolls, pies and danishes.



Drinks

1. Sugar sweetened beverages and energy drinks can have more than six teaspoons of sugar per serve. Water is the best drink!
2. Did you know that you can refill your water bottle in the city? Check out our water refill station map on page seven.

Do you experience cravings at work?

- Cravings only last 8–10 minutes. Try to distract yourself with a task to get you through this time.
- Sometimes cravings might be dehydration. Try a nice big glass of water.
- Have some healthy snacks on hand.

Handy exercise hints for the office

Too much sitting is bad for our health and sitting in front of a computer all day can make it hard to get our recommended 30 minutes of physical activity.

Find some extra activity by:

1. Catching public transport – it sounds simple, but the added steps it takes to walk to and from the bus stop or train station can greatly increase your physical activity.
2. Standing up when taking phone calls – put a reminder near your phone so that you are encouraged to stand up and give your sitting muscles a break.
3. Having stand-up meetings – a great way for everyone to stand for a while.
4. Working out a short, 15-minute walking loop from your office and try to do this once a day.
5. Taking a walking meeting to get some fresh air.



Ever gotten home after work and wanted to eat your entire pantry? The time between lunch and dinner can be significant. To avoid cravings for snacks when you get home (and before dinner), try to have afternoon tea around 3–4pm. A piece of fruit or a small tub of yoghurt may be enough to get you through until dinner.



Stock up on healthy snacks in the city

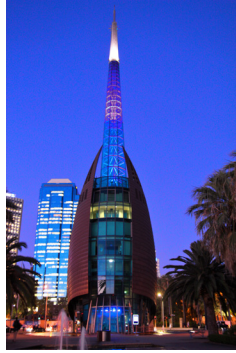
Feeling inspired to freshen up your snack regime? Why not pay these stores a visit?

- IGA – 556 Hay Street, **Perth**
- Coles – 300 Murray Street, **Perth**
- Golden Gate Grocery – 97 William Street, **Perth**
- Emma Seafood – 319 William Street, **Perth**
- Super 7 Star Mini Mart – 223 William Street, **Perth**
- Woolworth, Enex 100 – 100 St Georges Tce, **Perth**
- Rise Supermarket – 155 Adelaide Tce, **Perth**
- Rise Mini Mart – 131 Adelaide Tce, **Perth**
- The Cheap Groceries – 143 Adelaide Tce, **Perth**
- IGA – Shop 2/ 81 Royal Street, **East Perth**
- Carlton Fresh – 236 Hay St, **East Perth**
- Golden Hay Supermarket – 474 Hay St, **East Perth**
- The Lunchbox – 1266 Hay Street, **West Perth**
- West Mini Mart – 1178 Hay Street, **West Perth**
- Coles Express – 30 Thomas Street, **West Perth**

Explore your city

There are a number of great landmarks in the Perth CBD. Why not work some of them into a walking path on your lunch break?

1. The Bell Tower
2. Horseshoe Bridge
3. Council House
4. Perth Mint
5. Kings Park



Free online healthy lifestyle programs

Diabetes WA have two free, online healthy lifestyle programs that are perfect to run within your workplace or take part as an individual.



Get on Track Challenge is a team based challenge where teams of up to four move along a virtual track by entering their daily fruit and vegetable intake, plus their daily exercise. The more you do, the more your team moves along the track. Diabetes WA runs a number of official challenges throughout the year, or you can create your own at any time. Find out more at www.getontrackchallenge.com.au.

In the My Healthy Balance program, individuals work through a number of modules relating to various health-related topics. The aim of the program is to equip adults with the knowledge they need to make healthy, sustainable changes to their lives. It is self-paced and comes with a number of support options, such as motivational texts. Find out more at www.myhealthybalance.com.au.

Water refill station map





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Get on **Track**
Your path to a healthier life

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Government of **Western Australia**
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