

# YOUR ESSENTIAL OFFICE SNACKS

Keep your body and brain fuelled with these healthy eats.



**EXPERT:**  
**Kong Woan Fei,**  
Dietitian,  
Columbia Asia  
Hospital

## Boiled eggs

Hard-boiled eggs are the best snack to munch on when you're in a hurry. Naturally high in protein and low in calories, a boiled egg is also the perfect afternoon snack. Moreover, it's extremely easy to prepare and pack – boil in the morning for about eight minutes and store in a container for later – and you can eat it on its own or with a bowl of salad. If you're worried about cholesterol, simply remove the egg yolk and eat only the white, which contains zero cholesterol.



## Soybean milk

During menopause, a woman's oestrogen level drops to a minimum, causing her to become vulnerable to depression, mood swings and insomnia. To combat these psychological issues, drink soybean milk on a daily basis to boost your mood and have a happier work day.

## Wholegrain oats

Ever found yourself rushing to work only to realise you haven't had anything for breakfast? That's why it's essential to have a pack of wholegrain oats on standby at the office. They're not just easy to prepare, but are also loaded with dietary fibre that aids in lowering bad cholesterol.



## Low-fat plain yogurt

Studies show that one of the many benefits of yogurt is its ability to boost the immune system and fight infection. This is especially good for people who work in a confined space, where the chances of getting sick are much higher. One low-fat plain yogurt a day will help to defend your system.



## Bran cereal

When you just don't have time to go out for lunch or have to stay back at work till late, we recommend eating bran cereal. The high fibre content keeps your body feeling full for longer. For more flavour and nutrients, add raisins or nuts to your bowl.



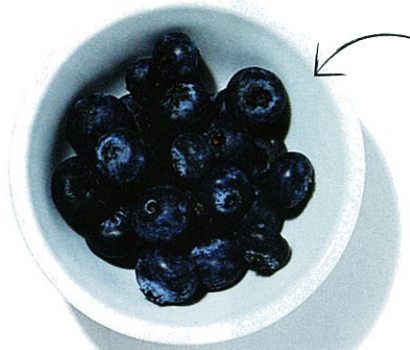
### **Apples**

When you're out meeting a client or speaking at a conference, it's not only your work that's important, but also the way you present yourself. A million-dollar smile could take you places, which is why it's vital to have healthy teeth. The mildly acidic nature of apples, combined with their fibre-rich flesh, make them the ideal food for cleansing and brightening your pearly whites.



### **Unsalted roasted almonds**

Widely known as one of the healthiest nuts, almonds are rich in lean protein that boost energy and help in repairing your brain, thus improving memory. Load up on these healthy nuts to keep your mind sharp and alert whenever you're in an important meeting.



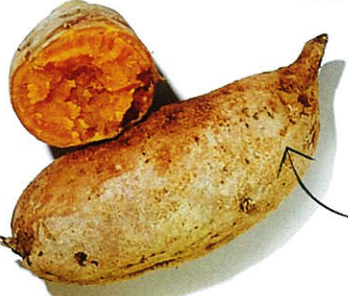
### **Blueberries**

It's no surprise that blueberries are one of the most popular fruits of all time. Not only are they sweet and succulent, these little orbs also appear to have significant benefits for people with high blood pressure. If you are constantly working under pressure, stock up your office pantry with blueberries, as eating them on a regular basis will reduce your risk of getting hypertension at an early age.



### **Sunflower seeds**

Sunflower seeds contain vitamin E and folate, which are vital in maintaining heart health. A healthy dose of these seeds has been linked to a lower risk of cardiovascular disease. So the next time you're feeling stressed out over a big project, snack on sunflower seeds to keep your heart intact.



### **Sweet potatoes**

Unlike potatoes, sweet potatoes are an excellent source of vitamin D - something which it shares in common with the sun. If you're indoors most of the time, the best way to load up on this vitamin is by adding sweet potatoes to your diet. There are tons of ways to enjoy them without compromising their nutrients - boil, bake, mash or grill to your liking.



### **Bananas**

Many of you may know that bananas are high in potassium and lower blood pressure, but did you know they also have a small amount of vitamin A? Yes, eating a banana every day can actually promote healthier eyes. If you have to look at the computer screen all day, pack a banana with you every morning for breakfast. Even so, you should rest your eyes every 20 minutes by looking away from the computer.