



HEALTHIER, TASTIER SNACKS!

Four easy ways to boost your energy at work. (Buh-bye, vending machine.)

BY HEATHER MAYER IRVINE

► BALANCE CHO AND PRO

Combine carbs and protein for long-lasting energy, says **Marisa Moore, R.D.N., an integrative dietitian**. Mix roasted, lightly salted sunflower seeds and dried blueberries in a small jar for a snack that's sweet, salty, and crunchy. Bonus: The unsaturated fats in the seeds will keep you feeling full.

► HAVE A MINI MEAL

A favorite of **Cara Harbstreet, R.D., of Street Smart Nutrition**, is protein- and omega-3-rich tuna or salmon (StarKist makes packaged versions) spread on sliced cucumbers or mini bell peppers. Drizzle with your favorite hot sauce for a tiny yet protein-packed meal.

► MAKE LUNCHABLES

Jordan Mazur, R.D., director of nutrition for the San Francisco 49ers, suggests these key ingredients: shredded rotisserie chicken for lean protein; pistachios, walnuts, pumpkin seeds, dried tart cherries, and dark chocolate chips for a healthy trail mix; and antioxidant-rich blueberries or grapes.

► STAY MINDFUL

Don't go more than three to four hours without eating, to help keep your blood sugar steady. You can avoid *mindless* snacking by setting an alarm to get up every hour instead of reaching for the chips, says **Kelly Hogan Laubinger, R.D.**

THE PICNIC IS THE NEW POWER LUNCH

As we head back to the office, those DIY outdoor lunches can still be the thing to do.

TRY A HEARTY SALAD IN A JAR, says Moore. Build it from the bottom up: Start with a vinaigrette, then add chickpeas, carrots, tomatoes, olives, and cucumbers. Add feta to the top for a salty, tangy finish. Close, and shake when ready to eat.

REINVENT YOUR SANDWICH. Slapping protein and a salad's worth of greens between whole-grain bread works well, too: Try sliced turkey or canned tuna, topped with sprouts, cucumbers, leafy greens, avocado, and tomato.

MAKE A HEALTHY CHEESE BOARD, says Harbstreet. Go with hard cheeses like cheddar and Gouda and a soft cheese like cottage. Pair pita bread or crispy crackers with jerky or low-sodium deli meats. Then toss in pistachios and blueberries.



SHIRT (\$55) BY TIE BAR; TECH PANTS (\$285) BY THEORY; TIE (\$60) BY BANANA REPUBLIC; ICON WATCH (\$135) BY TOMMY HILFINGER; BELT (\$195) BY PAUL SMITH.