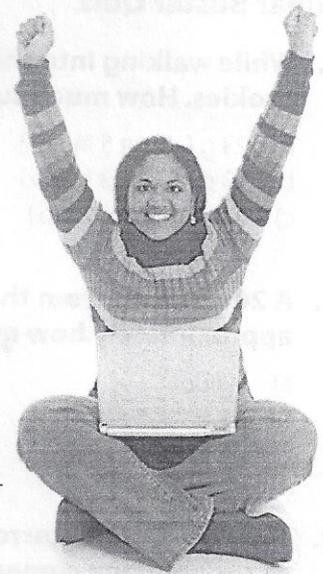


# Reset-Button Strategies to Feel Energized at Work

## Emergency Snack Stash

Low-perishable healthy snacks to keep on-hand:

- Nuts
- Dried fruit (apples, apricots, raisins)
- Peanut butter
- Trail mix of nuts, dried fruit, and pretzels
- Instant oatmeal packets
- 100% whole grain crackers
- Granola bars (with less than 10g of sugar)
- Apples
- Individual fruit or applesauce cups (the shelf-stable kind) with no added sugar



## S.U.P.E.R. Snack Shopping List

### Fruit:

- Apples\*
- Oranges\*
- Grapes\*
- Bananas
- Pears\*

*TIP: Use above within a week of purchase*

- Raisins (Packs of 6 individual 1.5 oz. boxes)<sup>E</sup>
- Dried apples (individual 1oz. bags or larger bag)<sup>E</sup>
- Individual fruit or applesauce cups (shelf-stable kind) with no added sugar<sup>E</sup>

### Vegetables:

- Carrots<sup>+</sup>
- Cucumber<sup>+</sup>
- Grape tomatoes\*
- Sugar snap peas<sup>+</sup>

*TIP: Keep refrigerated and use within 1–2 weeks*

### Dairy:

- Cottage cheese (pack of 4 individual 4oz.)<sup>+</sup>

- Cheese sticks<sup>+</sup>
- Yogurt<sup>+</sup>
- Light cream cheese wedges<sup>+</sup>

*TIP: Keep refrigerated and check dates — these will last around 2 to 3 weeks*

### Grains:

- 100% whole-grain crackers<sup>E</sup>
- Whole-wheat, high-fiber 6-inch tortillas
- Multigrain rice cakes<sup>E</sup>

### Protein:

- Trail mix (fruit & nut)<sup>E</sup>
- Peanut butter<sup>E</sup>
- Almonds (individual 1 oz. bags of almonds)<sup>E</sup>

### Kitchen tools (if needed):

- ¼, ½ measuring cups
- Tablespoon
- Small plastic containers
- Plastic baggies

<sup>E</sup> – extended shelf life    <sup>+</sup> – keep refrigerated    \* – can be refrigerated, but not necessary

(continued on other side)

## Power Lunch Ideas:

### Sandwiches

Veggie Wrap with Edemame and Peaches  
Turkey Pita with Avocado and Grapes

### Salads

Pear and Walnut Chicken Salad  
Steak n' Strawberry Spinach Salad

### Sides

Pasta Primavera Salad  
2 Bean Salad with Tomato and Cucumber

## Sugar Buster Quiz

- 1. While walking into the break room, you're excited when you find your favorite sandwich cookies. How much sugar is in 4 of them?**
  - a) 23 g (about 5  $\frac{3}{4}$  tsp.)
  - b) 13 g (about 3  $\frac{1}{4}$  tsp.)
  - c) 3 g (less than 1 tsp.)
- 2. A 20-oz. soda from the vending machine may seem like a tasty option, but do you know approximately how much sugar is dissolved in that bottle?**
  - a)  $\frac{1}{3}$  cup
  - b) 65 g
  - c) All of the above
- 3. How many baby carrots (containing natural sugar) would you have to eat to equal the amount of sugar in one cinnamon bun?**
  - a) 50
  - b) 115
  - c) 85
- 4. Did you realize that if you swapped out water for a 12-oz. can of soda every day, you would save \_\_\_\_\_ amount of sugar from your diet?**
  - a) 0.6 pounds of sugar per week
  - b) 5.5 cups per month
  - c) All of the above
- 5. What is the maximum added sugar allowance the American Heart Association recommends for women and men?**
  - a) 6 tsp/day for women and 9 tsp/day for men
  - b) 9 tsp/day for women and 12 tsp/day for men
  - c) 12 tsp/day for women and 15 tsp/day for men

### Answers:

1. B | 2. C | 3. B | 4. C | 5. A

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