

EAT HEALTHY AT WORK

It was previously found that amongst developed countries, **Singaporeans clock some of the longest hours at work**¹. This is hardly surprising with **Singapore topping the charts for being the most expensive city to live in**².

With such long hours spent at work, have you ever pondered on the importance of healthy eating habits at the workplace?

Today, we are going to share some simple tips that can help you stay healthy and productive at the office.

#1 > Say no to desk dining



Do you like to "da bao" and have your meal at your desk? You may have done it once or twice this month or you could be doing this more frequently. Desk diners tend to wolf down their food mindlessly because they are primarily preoccupied with their work. Replying emails while chewing on that mouthful of delicious Chicken Rice, sounds familiar? To eat healthily at work, the first and most simple step is to walk away from your desk.

#2 > Set time for meals

It is very easy to forget to eat when you are busy at work. When you finally feel the hunger pangs, you could have already worked past your regular meal time. What you can do is to set a fixed time for meals. One good way of doing this is to have your meals with a colleague or friend, so that you will have an extra person watching over your meal times.



#3 > Bring your own lunch



Preparing your own lunch is a good opportunity to eat healthy. If you cook a big portion of dinner every day, you can pack the leftover and have it for lunch the next day. You will not only have a nice and healthy lunch but save money as well.

For food safety, it's better keep your food cold in a thermal bag until you can put it in the office refrigerator.

#4 > Plan ahead, eat balanced meals

Plan your lunch or snacks in advance. Drop by the supermarket after lunch to buy some fresh or dried fruits, snacks or vegetables to munch in the office. If you don't have enough time during your lunch break, you can stock up on these healthy snacks during weekends.



#5 > A water bottle and a fruit bowl



These two items, albeit normal, can be very useful in helping you to build up a healthy office life. Start everyday with a full bottle of water at your desk. Maintaining a healthy fluid intake is also one of the golden rules which keeps you away from chronic kidney diseases.

Also prepare a vibrant coloured fruit bowl at your desk, so instead of eating greasy and highly salted junk food ; you will be more inclined to fill your fruit bowl with a variety of colourful fruits and vegetables to maintain your energy level.

KDF 2015 Calendar- Colour your desk with an "Art Gallery of Food "



Stay healthy at work and add colour to your desk by purchasing a KDF 2015 calendar, specially designed by students from the Singapore Polytechnic Design School.

The theme of the calendar is to let food 'speak' for themselves. With artistic typography and witty wording, this calendar is an ideal gift for you and your friends. This is to remind everyone to have fun staying healthy even throughout the busiest times at work.

For more details on how to purchase the KDF 2015 calendar, please click [here](#).

References:

¹ <http://business.asiaone.com/career/news/average-singaporean-works-2287-hours-year-study#sthash.v96iYE0H.dpuf>

² <http://www.bbc.com/news/business-26412821>