

Are Office Snacks Making You Fat?

When hunger strikes, reach for these nutritionist-approved munchies to help fill you up – not weigh you down.

By [Julie Upton](#) | Contributor May 23, 2016, at 6:00 a.m.

Free food is a common perk in many [offices](#) these days, but eating on your employer’s dime may come at a price: [pounds gained](#). A study published in the journal *Appetite* reported that among employees at Google’s New York City office, the number of snacks enjoyed was linked to the proximity of the snacks to the beverage stations. When snacks were located about 6 feet from the beverages, employees were 69 percent more likely to eat a between-meal bite, compared to when the munchies were some 17 feet away from the snacks.

If you snack at work when you’re bored, stressed or too busy to eat a real meal, there are ways to avoid beelining to the office snacks. Bring satisfying snacks from home, like one of these seven nutritionist-approved between-meal bites. They’re nutritious, have no more than 200 calories, no added sugars and provide hunger-crushing protein and/or fiber:



- **A serving of Amy’s or Dr. McDougall’s Organic French Lentil Soup*:** (130 to 180 calories, 8 grams protein, 6 to 9 grams fiber). Lentils are among the most nutritious, protein-packed foods available. And, according to a recent review published in the *American Journal of Clinical Nutrition*, a serving of lentils daily can help tip the scale in the right direction. A cup of this protein- and [fiber-packed soup](#) will crush your craving and keep you satisfied for hours. (**Any soup with around 200 calories and >6 grams protein and >4 grams fiber is recommended.*)

