

'To eat is a necessity, but to eat intelligently is an art' - La Rochefoucauld. Who said snacking was evil? Here are some foolproof ways you can snack smartly in the office without the guilt.

**Not more than 2 snacks a day**



**Picture credit: <http://lunchingdaily.com/1-lunch-2-snacks/1-lunch-2-snacks-131/>**

A study in the US found that a higher eating frequency of three meals and two snacks a day may be important in weight loss maintenance. Have snacks once or twice a day and not more than that as you may exceed your daily calorie limit.

### **Make one snack a fruit**



A good idea would be to make one out of the two snacks a fruit or vegetable based. These are high in fiber, vitamins, and low in calories. Click [here](#) for some awesome fruit platters and salad ideas!

### **Choose snacks below 200 calories**



### Picture

credit: <https://s-media-cache-ak0.pinimg.com/originals/6a/11/12/6a1112b6fdbe3e0710be5bb6c8db77dd.jpg>

Stay away from snacks that are loaded with sugar and fat as they tend to exceed 200 calories. This means switching from sweet biscuits, keropok, and chocolates to healthier alternatives like a handful of nuts, dark chocolate (70% cocoa), fruits, low sugar red bean soup, and high protein spreads like hummus. Choose snacks that come in per serving bag sizes below 200 calories. **BoxGreen's snacks** come in single serve packs of less than 200 calories so you know you won't snack till no end!

**Indulge once a week**



## Picture

credit: <http://www.mirror.co.uk/3am/celebrity-news/after-bradley-cooper-reveals-loves-6773870>

Let's be real, we all have our guilty pleasures and cravings. You don't always have to eat healthy, and like what Michelle Obama says 'My motto in our household is that if 90% of our diet is healthy, that 10% just doesn't kill you'. So go ahead, reward yourself with a well deserved cake.

**Keep unhealthy snacks in dark containers**



**Picture**

**Credit:** [http://www.ikea.com/gb/en/catalog/categories/departments/small\\_storage/15937/](http://www.ikea.com/gb/en/catalog/categories/departments/small_storage/15937/)

A Google experiment found that people tend to reach for junk food less often when it's kept in opaque containers and reached out for healthy snacks kept in transparent containers. What a great way to deal with constant temptations. Out of sight, out of mind!

## Portion out your snacks



You may not be aware of the amount you're consuming when you eat snacks straight out of a bag. Always keep a small bowl, or preferably, a saucer with you to portion out your snacks. If getting a small bowl is too much trouble, [these snacks](#) come in portion sized packs, so you're definitely in safe hands!

## Snacks with benefits



**Picture**

**credit: <http://www.redbookmag.com/body/healthy-eating/advice/g1619/low-calorie-snacks/>**

Choose a snack with at least one health benefit. It could be one that is high in protein, fiber, unsaturated fats, or rich in vitamins and minerals. [Here](#) are some great snack ideas you could take to work!