

Are you looking for a pick-me-up in mid-afternoon?



Midday slump setting in? No need for caffeine! Get back up with energy-boosting habits.

Try these three healthy habits to help you skimp the slump:

1. Move it! Stand up during phone calls, walk to deliver messages instead of emailing, or do a few stretches at your desk.
2. Grab a small snack. If you're hungry, have a snack with carbs to fuel your brain and protein for longer-lasting energy. Dip carrot sticks in nut butter, or enjoy cottage cheese with fruit.
3. Drink water. Staying hydrated helps you avoid that sleepy feeling. Add cucumber, lemon and mint to perk up your cup. Replenish often so you can keep on sipping before a slump sets in.

For packable snack ideas to power your afternoon, [visit Cookspiration](#).

Give your brain a boost with dietitians' top 10 smart snacks in your lunch bag.

1. Whole grain crackers with a hard-boiled egg
2. Handful of grapes with a chunk of cheese
3. Veggie sticks with hummus
4. Apple slices with almond butter
5. Fresh fruit added to yogurt
6. Handful of nuts with dried fruit
7. Edamame and mint-infused water
8. Snap peas with black bean dip
9. Banana with peanut butter
10. Crunchy roasted lentils and green tea



Break time! Before you reach for something to nibble, ask yourself if you're truly hungry.

It's mid-afternoon and you're feeling like a little something to eat. Before you bite, stop and ask yourself if you're hungry, bored or stressed.

If you're bored or stressed, take a break, do some stretches or go for a walk.

If you truly are hungry, eat a small, nutrient-rich snack, but don't dine at your desk while you work. It's easy to eat more than you need when you're distracted. Instead, take a break away from your work. Pay attention and enjoy what you're eating. Stop when you feel satisfied.

Thirsty? Some sweet drinks are more like dessert. You might want to swap your sip!

Here's the bitter truth about the sugar content of popular sweet drinks:

- A large (473 mL) specialty coffee with syrup and whipped cream has the equivalent of 17 sugar cubes.
- A large (541 mL) fast-food smoothie made with juice concentrate has as much sugar as 20 cream-filled chocolate cookies.
- A big (500 mL) sweetened bubble tea has the same amount of sugar as two cans of pop.
- A large (563 mL) coffee shop "double-double" has the same calories and more sugar than a chocolate glazed donut.

Swap your sweet sips for water, small smoothies made with fruit or plain lattes, tea or coffee

Get inspired with recipe ideas from [Cookspiration](#) and serve up a nutrition tip a day with [eaTipster!](#)



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