



Week Two Participant Manual:  
**Junk in the Office**

## **Week 2 Contents**

- Enjoying Sweet Treats Resource Guide
- Challenges and Strategies
- Recipes
  - Mashed Maple Sweet Potatoes
  - Cranberry Apple Sauce

## **JOURNALING**

- What are your thoughts on how you can support a positive culture of health in your workplace?
- Think about times you catch yourself mindlessly munching. What are some things you think leads to this mindless eating? What can you do to avoid these pitfalls?

## Enjoying “Treat” Foods

Yep, there are occasions that we're enjoying a food for the psychological aspect of eating... That's right, it's time for a “treat food”!

These foods are usually higher in calories and lower in nutrient density. But that's okay. As long as they are enjoyed in the proper context, it's a perfectly okay thing to do.

You don't always have to say “NO Thank You” (who can really do that anyways?). “Treat foods” can be part of a balanced diet. What matters is that they're consumed in the proper way.

### 6 Tips to Enjoy “Treat Foods” in a Proper Context

#### Re-shift Your Thinking!

1.

- Recognize that these foods are treats and not staples.
- Our bodies do not need chips and desserts to survive. Yet it's perfectly ok to enjoy them on occasion.
- Create peace with placing these foods in their proper categories.

#### Save Your Calories for the Real Deal!

2.

- When enjoying a treat food, make sure it's made up of all real ingredients.
- Choose a cookie that was made up of real butter, real eggs, real chocolate chips, and sugar vs. one that is loaded up with a bunch of synthetics and has been sitting on a store shelf forever.
  - Because you're choosing real, you'll be satisfied with less and your body can effectively process the ingredients it contains.
  - This will also help you limit mindless eating that can occur when goodies are all around. You only eat real foods!

#### Make Eating Mindful!

3.

- Sit down when eating a treat as much as possible.
- Take a moment to give thanks for the special food you are about to enjoy.
- Take your time with your treat; have a little bit and make it last.
  - We enjoy food because of the way it tastes. A little really does go a long way. So take your time and taste your food and believe it or not desserts about the first few bites. That usually is enough to satisfy. So serve yourself less and savor your bites!

#### **Do Not Deprive Yourself!**

4.

- Instead create a balance. Enjoy treat foods in their proper context.
  - Think about it back in the day when there were soda parlors. And it was an “event” to go the soda parlor and have a portion controlled amount of this treat drink. It was made with all real ingredients and the treat was placed in a proper context.
  - Now sodas are made with a bunch of chemicals and people are drinking them with every meal! As a culture we have gotten off track, but we can get back on track and place treat foods in their proper context.

#### **Celebrate Foods, Life and Loved Ones!**

5.

- As much as possible enjoy a treat food with someone else.
  - Enjoy good conversation while you enjoy the treat.
  - Think about splitting the treat.
  - Make it a special event.
    - Invite a loved one over for dessert.
    - Meet at a coffee shop and split a dessert while you sip on coffee and have a good conversation.
    - Take a special break with a co-worker and enjoy the homemade cinnamon muffins that your other co-worker brought into the office to share.

#### **Create Balance in Many Different Forms!**

6.

- Take a walk before or after having the treat.
  - Can you walk to the establishment you are going to go to for dessert? You will be getting exercise on the way there and on the way back.
  - A few steps here and there always make a difference.

## Challenges and Strategies

### Halloween Happened... Now What?

Last week we focused on handling the candies in the home, and now you need to figure out what to do with all the candy in the workplace! And you know perfectly well it's there and it's going to be there for the long haul.

### What Is The Short-Term Problem?

#### Junk at the workplace!!

As the holiday season marches onward, the treats and snacks and goodies start piling up, all red and green, from M&Ms to cupcakes on filing cabinets, receptionist's desks, and most of all ... in the break room.

#### Your short term problem

If food is in front of you, you'll eat it. Sad as it sounds, the mere presence of food is enough to stimulate eating. You can say you'll be strong (and maybe you can be for a while), but sooner or later you will give in and have just a couple of those candies, cakes, or whatever.

Face it. The sight and even smell of food stimulates appetite. You're not hungry, but your mouth just wants it.

### Even Worse: The Long-Term Problem

*Practice makes perfect.* If you practice eating throughout the day, you will become very good and very skilled at eating throughout the day.

Plus, your body comes to expect it, to crave another nibble and to nag you for that treat. This is how you create the conditions of long-term overconsumption simply by keeping food around your home or office.

## **Want To Lose Weight?**

You've got to manage the post-Halloween candy surge.

Yes, you may have gotten it out of your house, but now it's also staring at you in the office all day!!

### **Now What?**

Not only is it true that "you are WHAT you eat", but you also become "HOW you eat." So use the incredible adaptability of your body in your favor by improving your habits.

### **The first, best solution**

Some people can "just say no", flip a switch, and decide not to eat at work. Others are too tempted by the cupcakes and candies, and they will have to utilize one of these fall back strategies.

### **Fall back strategy number one**

You know you! If you typically give in to the temptation of mid-meal candy crunching, the best solution is to replace that sugar with something to drink. Get a cup of water from the cooler, and keep that on your desk. If you want something with a bit more flavor, try tea or even coffee – as long as it's not the caramel macchiato calorie explosion.

Have it with a little milk or half and half, but don't have it with lots of sugar, chemical sweeteners, or powdered "whitener".

### **Master your domain**

You may not be able to control what comes into the office, but you can control your desk. Some people will bring in nibbles and snacks to store in the bottom of their drawer ... "just in case". But this just becomes your rationale-in-advance for eating foods you should not eat. Leave them at home.

You may want to get the cakes and candies and such out of your own home, and drop them off at the office. If you do this, be sure to take them straight to the break room, the fridge, or your supervisor's desk!

## Recipes

### Maple Mashed Sweet Potatoes

#### You'll need

- 3 medium sweet potatoes, peeled and quartered
- 1 to 2 tablespoons maple syrup
- 3 teaspoons butter
- ¼ teaspoon salt
- ¼ cup to 1/3 milk

#### Directions

- In a medium saucepan cook potatoes, covered, in a small amount of boiling water for 30 to 35 minutes or until very tender; drain.
- Mash with a potato masher then beat with an electric mixer on low speed.
- Add maple syrup, butter, and salt.
- Gradually beat in enough milk to make potato mixture light and fluffy.

#### Play with Your Food

- Add a pinch of nutmeg
- Add a pinch of cinnamon
- Topped with some finely chopped pecans

## Cranberry Apple Sauce

### You'll Need

- 6 medium apples peeled, cut into small pieces
- 12 ounces fresh cranberries
- ¼ to 1/2 cup sugar
- 2 tablespoons apple juice or other fruit juice

### Directions

- Place apples and cranberries in food processor and pulse several times to chop.
- Add sugar and juice; process until pureed. Refrigerate 3 hours before serving.

### Play with Your Food

- Experiment with the amount of sugar you feel the dish needs. Always start with less knowing that you can add more.
- A tiny splash of lemon juice also works well with the dish.
- Add in some orange or lime zest.
- Try pineapple juice instead of apple juice.