

# How to *Navigate*

**weightwatchers**

## Workplace Food Obstacles like a Boss

You've mastered food-shopping, eating at your favorite restaurants, and cooking healthy and delicious meals at home. But when you get to work, pizza parties, birthday cupcakes, and vending-machine visits can contribute to unnecessary food stress. [Here are five common obstacles and how to stay in control:](#)



### #1 The Food Landmine

That bowl full of your favorite chocolates, the bagels or pizza left over from a meeting... you get the picture.

#### Game Plan

- Bring cut-up fresh fruit and veggies or low-fat cheese.
- Keep premeasured snack options like reduced-fat popcorn on hand, but only enough for a set period of time so they remain fresh and you can't dig into a huge stash.



### #2 The Working Lunch

If your calendar is filled with lunch meetings, you might be facing an endless stream of takeout or catered meals.

#### Game Plan

- Plan to snack on something nutritious beforehand. You can eat with the pack, but keep your portion sizes small and focus on salads, fruits, whole grains, and lean proteins.



### #3 Celebrations

Doesn't it feel like every other day there is a party of some sort? You don't want to miss out or seem like you are being antisocial.

#### Game Plan

- Pop in and celebrate the person of honor without indulging, especially if the spread doesn't really call to you.
- If it's your favorite cake from the best bakery in town, it might be worth it to eat just a small portion.



### #4 The Vending Machine

Tempted by that machine full of high-calorie, unhealthy, but easy-to-access snacks?

#### Game Plan

- Don't even consider window-shopping and bring your own snacks!
- Stay hydrated. Sometimes thirst disguises itself as hunger.
- Determine whether you want to include any snack in the vending machine in your weight-loss plan. Maybe there is one diamond-in-the-rough treat that might be worth it.



### #5 Ordering Lunch In

Sometimes it's just inevitable (and fun and delicious too!).

#### Game Plan

- Split takeout portions in half before you start eating, then save the other half for another meal.
- Or, split a portion with a co-worker – it'll be fun, and cheaper!