

Healthy Foods to Keep at Your Desk



By: Brittney BSc(HNS) from Exploring Healthy Foods

Healthy foods to keep at your desk or in your purse!

1. Lara Bars/ Kind Bars

[Lara bars](#) only consists of a couple ingredients. My favorite is the peanut butter bar! Find at your local grocery store in the organic/natural section or at a health food store.

[Kind bars](#) are a healthier alternative to chocolate bars when you need an afternoon pick me up! Find at your local grocery store or [Starbucks](#).

2. Granola/ Cereal

Granola is a great product to have on hand because it can be eaten on its own or topped over yogurt and so much more! Try my [Power Packed Granola](#) recipe if you're new to making granola! Cereals are also great for snacking; choose whole grain cereal or a healthy gluten free alternative.

3. Crackers

Choose a whole grain cracker or healthy GF alternative. Eat them plain or bring a dip/hummus/peanut butter/almond butter with you for dipping!

4. Unsweetened Organic Apple Sauce

Purchase individual unsweetened apple sauce containers and keep them in you desk *{I wouldn't recommend buying the jars for this because they require refrigeration after opening}*. Bring other fruits for dipping or eat it on its own.

5. Rice Cakes

Rice cakes are one of my favorite snacks because they are light and easy to snack on. They also taste great topped with peanut butter, banana and cinnamon!

4. Nuts/ Seeds

Almonds, walnuts, brazil nuts, cashews, etc. Store individual packs or keep a container at your desk/in your purse.

5. Dried Fruit

Great if you have a sweet tooth! Choose dried mangos, pineapple, apricots, cranberries, or raisons.

6. Trail Mix

Make your own trail mix with nuts, seeds, and dried fruit. Add dark chocolate chips for added sweetness!

7. Almond Milk

Individual almond milk packs are easy and filling. Choose unsweetened when available.

8. Coconut Water

Perfect to keep at your desk if you are needed something hydrating and flavorful!

9. Tea or Coffee

Keep at your desk if you need an afternoon pick me up!