



The Porcelain Post

Extension Family and Consumer Sciences strengthens individuals, families and communities through education

Research Based Information from the comfort of your throne!

EXCLUSIVE NEWS for July

DESKTOP DIETS

Healthier Habitat

Follow these healthy recommendations to create a healthier work environment:

1. Have fruit in a bowl on your desk or in the break room
2. Have easy access to water near desk (bottle or cooler)
3. Bring a brown bag lunch from home
4. Keep snacks off of desk and in a drawer
5. Participate in office wide health related activities.
6. Engage in or organize walking meetings.
7. Pace while talking on the phone.
8. Utilize exercise balls at desk in place of desk chair.

Out of Sight, Off of Thighs*

Lots of us squirrel away food in our desks without realizing the damaging effects. According to Brian Wansink, Cornell University Food and Brand Lab Director, people who had candy in or on their desk reported weighing 15.4 pounds more than those who didn't.

Wansink and team conducted a hidden-camera candy dish study which showed that moving a candy dish only 6 feet away from a desk led workers to eat 125 fewer calories – half of what they would have otherwise eaten.

The most dangerous candy dish is one that is close, clear, and chocolaty.

If your candy dish is going to be close and clear, don't fill it with chocolate. Replacing chocolate with something you're not crazy about- perhaps hard candy – helps you feel like a "giving" person without giving too much to your inner self.

Wansink, Brian. *Slim by Design: Mindless Eating Solutions For Everyday Life*. Harper Collins, 2014

Contact your local Extension Office today!

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