

We turned to an expert for help: Jessica Entzel Nolan, executive R&D chef at lunch delivery startup Sprig, who thinks about takeout lunch for her job.

THE DESK-DINING ACCEPTABILITY SCALE

In the age of the open-plan office, lunchtime etiquette has never been more important.

Don't eat this

WORST

Anything superspicy

Your body responds to hot and spicy foods the same way it responds to actual heat—with sweat. Unless you want to be pitted out and smelly for the rest of the day, save the vindaloo for dinner.

Tuna salad

Nolan is quick to condemn this one: "It's unacceptable and gross." We don't necessarily agree, but she's a professional, so we'll let it stand.

Raw onions

That pico de gallo may look good, but the aroma will radiate well beyond your desk.

IFFY

Overcooked hard-boiled eggs

"If it's cooked right, it shouldn't smell," Nolan says. "But if it's overcooked, it's foul."

Chips, popcorn, or other crunchy foods

Food should be tasted, not heard. If you must have popcorn, go for the prepoped stuff. The buttery smell of a freshly microwaved bag is way too distracting.

TOTALLY SAFE

Blueberries

Not only are they a superfood, high in fiber and vitamin C and low in everything bad for you, they're also easy to transport and share.

The Soup* to Nuts** Guide to

EATING LUNCH AT YOUR DESK

We wind up here more often than not. That doesn't have to be a sad thing. By Nikita Richardson

* Leave the five-alarm chili at home
** Heirloom nut butter, that is

ACCESSORIZE YOUR SANDWICH

These eight top toppings will turn even the blandest sandwich into a midday treat.

1. Big Spoon

Roasters Mission almond butter, \$14

Because you deserve a nut butter made with heirloom nuts and raw wildflower honey. It will get stale eventually if unrefrigerated—but it probably won't last long enough.

2. McEvoy Ranch extra virgin olive oil, from \$27

"The flavor notes are fruity with a bit of pepper on the finish," Nolan says.

3. Bourbon Barrel Foods Bluegrass soy sauce, \$7

The beauty of soy sauce is that it lasts forever. The beauty of this particular soy sauce is that it's microbrewed in bourbon barrels in the heart of Kentucky.

4. O Fig balsamic vinegar, \$12

Nolan loves the addition of mission figs to this California-aged vinegar. "It's a fun twist," she says.

5. Cholula chipotle hot sauce, \$3

The original version is sharp and fiery; the smooth, smoky chipotle version will help you calmly dispatch those afternoon e-mails.

6. Tricklements robust whole-grain mustard, \$8

With black pepper, allspice, and chilies backing up an already tangy spread, your turkey sandwich will never know what hit it.

7. Mike's hot honey, \$10

This Brooklyn brand rolled out in 2011 and quickly became a condiment-world hit. Squeeze a bit on your \$1 slice to make it instantly foodie.

8. Maldon sea salt, \$11

The glittering, flaky grains have a clean flavor and will make everything from avocado toast to chocolate pudding look glam.

HOW TO HAVE AN ACTUAL LUNCH BREAK AT YOUR DESK

"Try to put yourself into a bubble for 20 minutes or so," says Yochanan Altman, a professor of international human resource management at Middlesex University in London. Headphones are your friend here; so is the sleep mode on your computer monitor. If you're not too self-conscious, it also helps to bow your head for a bit of at-desk meditation. Whatever you do, put down that sales report. "There are physiological studies that show that [a break improves] your mental and physical abilities to do your work," Altman says. "You're not doing anyone any favors by trying to work during your lunch."

DON'T FORGET TO WIPE

What's sweeter than dessert? A tidy workspace.

Wireless Wipes in pomegranate-citrus

Use these to clean up that coffee splatter or hot sauce spot. They're tech-friendly (i.e., prevent static), and they smell great.

Burt's Bees aloe and witch hazel hand sanitizer

A spritz before and after with this skin-soothing aloe and witch hazel blend keeps an employee healthy, wealthy, and wise.

Choward's mints

Even if you've never had one of these uniquely shaped, breath-freshening mints, you may have seen them before: *Mad Men's* Peggy Olson kept a pack of these in her desk.

Etc.

THE PRINCIPLES OF MINDFUL EATING

Principles of Mindfulness:

- Mindfulness is deliberately paying attention, non-judgmentally.
- Mindfulness encompasses both internal processes and external environments.
- Mindfulness is being aware of what is present for you mentally, emotionally and physically in each moment.
- With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.
- Mindfulness promotes balance, choice, wisdom and acceptance of what is.



Mindful Eating is:



- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Acknowledging responses to food (likes, neutral or dislikes) without judgment.
- Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.

Someone Who Eats Mindfully:

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that his/her eating experiences are unique.
- Is an individual who by choice, directs his/her awareness to all aspects of food and eating on a moment-by-moment basis.
- Is an individual who looks at the immediate choices and direct experiences associated with food and eating: not to the distant health outcome of that choice.
- Is aware of and reflects on the effects caused by unmindful eating.
- Experiences insight about how he/she can act to achieve specific health goals as he/she becomes more attuned to the direct experience of eating and feelings of health.
- Becomes aware of the interconnection of earth, living beings, and cultural practices and the impact of his/her food choices has on those systems.





Am I Hungry?[®]

Eat Mindfully
Live Vibrantly
www.AmIHungry.com

Hunger is the Best Seasoning

By Michelle May, M.D.

You were born knowing exactly how much to eat. Hunger is your body's way of telling you that you need fuel. By reconnecting with your instinctive signals, you can manage your eating *without* restrictive dieting or obsessing over every bite of food you put in your mouth.



Perhaps you've ignored hunger for so long that you've forgotten how to recognize it. Maybe you even blame hunger for your issues with food and see it as the enemy. Perhaps you confuse hunger with all the other reasons you feel like eating, like mealtime, boredom, stress, or tasty food.

At the same time, you may have learned to ignore the feeling of satisfaction so you eat until you're stuffed and very uncomfortable. Perhaps you "clean your plate," "never waste food," and "eat all your dinner if you want dessert," instead of stopping when you've had enough.

And you'll perpetuate this cycle if you teach your children the same things.

Hunger is Your Natural Guide

Reconnecting with your hunger signals helps you manage your eating effortlessly. Here's how:

- You'll eat less food when you're eating to satisfy physical hunger than if you eat to satisfy other needs. Think about it. If you aren't hungry when you start eating, how do you know when to stop? When the food is gone of course!
- You're more likely to choose foods that nourish you. If you aren't hungry but you're eating because you are sad, mad or glad, what kinds of foods do you want? That's when you're more likely to want chocolate, cookies, chips, or other snacks and comfort foods.
- Food actually tastes better when you're physically hungry. Hunger really is the best seasoning—so you eat less but enjoy it more.
- You'll feel more satisfied because food is great for reducing hunger but not so great for reducing boredom, stress or other triggers.
- You'll notice you're hungry before you get *too* hungry; that decreases overeating!

Trust Your Gut Instincts

To break out of the pattern of eating on autopilot, get in the habit of asking yourself, "Am I hungry?" every time you feel like eating. This simple but powerful question will help you recognize the difference between an urge to eat caused by the physical need for food from an urge to eat caused by head hunger.

Look for symptoms like hunger pangs, gnawing, growling, emptiness, low energy, shakiness, or headache. Notice that hunger is *physical*. It's not a craving, a thought or a temptation. By focusing on hunger as your guide, you can become your own internal expert about when, what and how much to eat.

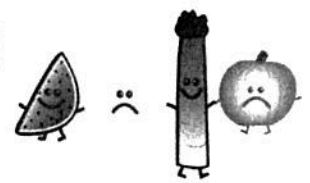
Food for Thought

- What specific signs of hunger do you usually have?
- What other thoughts and feelings do you confuse with hunger at times?
- What else could you do besides eat when you feel like eating even though you're not hungry?

Michelle May, M.D. is a recovered yo-yo dieter and the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. Download chapter one at <http://amihungry.com/chapter1>.



Food'n'Mood



JOURNAL

Date: _____

Mon Tue Wed Thurs Fri Sat Sun

Weight: _____

Check # 8 ounce glasses of water: 

Time	Place	Food/Beverage	How Much	Mood Before	Mood After

What's your Mood: exhausted, angry, sad, frustrated, stressed, depressed, overwhelmed, anxious, lonely, jealous, bored, hopeful, confident, happy, thrilled, etc.

My Day in Review: (Times/situations/moods likely to cause cravings, types of food most likely to crave, etc.):

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.....

Behaviors that require my attention:

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.....

Notes:

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How I did today: Fabulous Great OK Will Do Better Tomorrow

HUNGER-FULLNESS SCALE

This guideline introduces you to the idea of listening to your natural signals of hunger and fullness. Tools such as this help you become more aware of why you are eating. Mindful eating is essential to weight maintenance and healthy eating habits. The more you *intentionally* practice healthy eating behaviors the more likely they are to become a habit.

Rate yourself on the scale before and after each meal. Record your level in your food journal and observe any patterns. Do you eat when you're not hungry? Do you eat past fullness? Do you often allow yourself to get so hungry that you tend to overeat at the next meal?

0	▶	Famished. You're feeling irritable, shaky and will eat anything in sight.
1	▶	You are so hungry that you could eat anything and everything.
2	▶	You are preoccupied with hunger. Everything you see looks good.
3	▶	You are hungry and the urge to eat is strong.
4	▶	A little hungry. You can wait to eat but you will be hungrier soon.
5	▶	Neutral; not hungry and not full. You can wait to eat.
6	▶	No longer hungry. You sense food in your stomach but you could eat more.
7	▶	Hunger is definitely gone. If you stop now you may not feel hungry for 3-4 hours.
8	▶	Not uncomfortable, but definitely have eaten enough food and you can wait awhile to eat again.
9	▶	You feel a little uncomfortable and know you could have stopped earlier.
10	▶	"Thanksgiving full". Very uncomfortable, maybe even painful.

