Defeating the office calorie trap

Weight Watchers 360° gives you a plan to take charge of your Spaces and defeat office calorie traps. Arm yourself with the tools (mental and otherwise) to stay on track and avoid these food pitfalls.

The food landmine
Every workplace has one or more of these nutritional tripwires: a dish of chocolate kisses, a reappearing plate of doughnuts or bagels, or an ever-present box of leftover pizza.

WHAT TO DO: Make a stash of your own. Having healthy snacks on hand can help you avoid the temptation. Try homemade trail mix tossed with a few nuts and dried fruits, or cookies such as gingersnaps, graham crackers or animal crackers.

The working lunch
If your calendar is filled with lunch meetings, you might be faced with an endless stream of take-out or catered lunches. Such meals often leave you with few healthy choices and thousands of calories. A typical fast food lunch often contains enough calories to blow a person’s PointsPlus® values allotment for an entire day.

WHAT TO DO: Plan ahead to avoid the most fattening fare. You can eat with the pack, but keep your portion sizes small and order condiments on the side, using them sparingly. Snack on something nutritious beforehand. Try a handful of almonds or a low-fat yogurt. Never show up to work without fueling first: People who skip breakfast are more likely to overdo it at lunch.

The pause that refreshes
Soft drinks and energy drinks can soak up your daily PointsPlus® Target quickly. With a soda, energy or sports drink, it’s easy to consume more than 200 calories.

WHAT TO DO: Buy a sporty water bottle and keep it filled with H2O on your desk.

The vending machine
You can stand there and stare through the glass panel for an hour, but you’ll be lucky to find one item in a vending machine that is worth the calories and fat it delivers.

WHAT TO DO: Make sure you’re never caught in an emergency “I need a snack” situation by keeping your desk stocked with healthy snacks (which are also better for your budget). If you must visit the vending machine, look for whole-wheat pretzels, whole-grain low-fat crackers or low-fat microwave popcorn.

Contact your benefits administrator to learn more about Weight Watchers in your workplace.