Need some fuel between meals, but not sure what to fill up on to keep your body and mind energized? It’s easy to reach for less healthy choices, such as chips, candy and other high-fat, high-calorie fare. But it’s just as easy to reach for something that tastes good, and that makes you feel good, too.

The foods listed below are easily packed from home to work, and store well in a desk drawer, insulated lunch bag or work refrigerator:

- Fresh, seasonal fruit (take your pick of the season, from apples to berries and pears to peaches)
- Fresh vegetables, such as celery and carrot slices, baby carrots, cherry tomatoes and snap peas
- Dried fruit, such as cranberries, apricots, plums and cherries
- Almonds, sunflower seeds, or other nuts and seeds
- Nut butter and vegetables or fruit (celery, apples, etc.)
- Whole-grain crackers
- Whole-grain tortillas or pita bread with hummus
- Instant oatmeal (low-sugar packets)
- High-fiber, low-sugar cereal
- Tuna or chicken in pop-top cans or pouches
- Plain, low-fat yogurt
- Low-fat cottage, ricotta or cream cheeses
- Air-popped popcorn
- Low-fat string cheese
- Hard-boiled eggs (whites-only is best)
- 1 oz. dark chocolate (the higher the cocoa content, the better)

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