



Stash These Healthy Snacks In Your Desk



High-pressure days at the office socials after work and then an adventure-packed weekend? Yup, sounds just like the typical schedule of a young go-getter. While it's all fast, and sometimes fun, keeping everything full and busy might make you forget something very important — your health. Right now, you might feel invincible but you can't take the way you currently look and feel for granted. Treat health the same way you would an investment and plan for the future since what you do and what you put in now will take effect much later.

One simple way to start what will hopefully become a life process is by keeping some healthy and easy-to-pack snacks around. This way, instead of leaving your desk at work and trudging to the vending machine for a bag of chips or a carbonated drink, you can stay put and stay healthy.

For starters, you can switch up that soda you're holding for a drink that's naturally low in carbs and packed with vitamins. Del Monte carries excellent selections of juice drinks like [Pineapple](#), [Orange](#), [Pineapple-Orange](#), [Four Seasons](#), and [Mango](#) for the achiever-on-the-go. They not only taste great, they are rich in vitamins like A, C, and E, which keep your immunity up and in the long run can help prevent chronic diseases, such as [hypertension](#), [osteoporosis](#), and more.

For that drawer by your desk where you usually hide your sweets and cookies, bring in fruits instead. Most supermarkets today offer a wide range of fresh fruits from the everyday local fruits like bananas, mangoes, and melons to the foreign and exotic like the dragon fruit.

Aside from fruits, it's good to keep nuts or a trail mix around as well. Most of our biggest health mistakes come during the hours between real meals where we end up with processed chips and cookies that are easy-to-find though not so kind on our bodies.

Staying healthy — not just for now, but for much later — can be done by finding alternatives. Just think about the number of times you eat in between meals on a daily basis and plan a way to avoid making the mistakes by choosing junk foods to munch on during these times. A serving of fruit can do just the trick!