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BRIGHTEN A DULL COMPLEXION

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HOW TO CURB CRAVINGS

WHOLE LIVING

body + soul

A MARTHA STEWART PUBLICATION

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conscious eating

Hello, Sugar

At work, treats lurk everywhere, testing even the healthiest eaters. But with the right defenses, you can fight off the nine-to-five snack attacks.

+ BY ERIN O'DONNELL PHOTOGRAPH BY RAYMOND HOM



CONSTANT CRAVING
Cupcakes seem so addictive because they are; the sugar-and-fat combo can be as powerful as a drug.

AT HOME, you do your best to eat virtuously. Then you step into the office—and all bets are off. It's a fat, sugar, and salt free-for-all: A bowl of chocolates greets you at the reception desk. A box of doughnuts sits next to the coffeemaker. Clients send vats of gourmet popcorn; coworkers bring in homemade brownies. That's not even counting the constant celebrations: the birthday cakes, the pizza parties. If you still feel a little peckish, the vending machine beckons.

Our workplaces are notorious derailers of healthy eating. A survey of 500 office workers across the country, conducted last spring by the grocery delivery service Peapod, found that 63 percent of employees struggle to eat healthfully at the office, and nearly half of them said it's primarily because of all the tempting snack foods just within reach. How did office eating get so out of hand? We asked experts to explain why we munch so much junk at work—and what we can do to regain control.

AN IRRESISTIBLE URGE

Offices didn't always bring on binges. According to David Kessler, M.D., former commissioner of the Food and Drug Administration and author of *The End of Overeating*, it once was considered rude to walk into a colleague's office crunching chips. But the rules have changed over the past 20 years, he says, as the food industry has discovered—and begun banking on—the fact that foods with fat, salt, and sugar drive consumption (more on that later). “They put [these types of snacks] on every corner and made them available 24/7,” says Kessler. “They made it socially acceptable to eat at any time and turned food into entertainment.” Now when people eat in meetings, no one thinks twice.

prop styling by Julie Ho