

Reader's digest

20 Ways to Make Your Lunch Break Healthier—That Have Nothing to Do with Food

If lunch is your only free time during the day, make it count! You won't believe how many healthy things you can do when you're away from your desk.

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Do a shot



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According to chiropractor and health coach [Daryl Gioffre](#), "the most powerful food on the planet" is wheat grass. So if you do nothing else on your lunch break, take a shot of the green stuff, preferably fresh. "Wheat grass is 70 percent chlorophyll and chock-full of

vitamins and minerals, not to mention antioxidants and phytonutrients," says Dr. Gioffre. "Out of the 102 minerals found in soil, wheat grass contains all 102. One shot has more vitamin C than oranges and more vitamin A than carrots." If a shot of wheat grass isn't readily available near your work place, make your own from a dehydrated greens powder. Other nourishing foods to enjoy for lunch include celery boats (celery sticks filled with raw almond or coconut butter and hemp seeds on top—it's loaded with healthy omega-3 and omega-9 fats to fight inflammation and help turn your body into a fat-burning machine. Or add avocado to your lunch. Dr. Gioffre describes it as "the most perfect food," with a great balance of healthy fats, more potassium than bananas, and plenty of fiber to keep your digestion running smoothly.

<http://www.rd.com/health/wellness/what-to-do-on-lunch-break/4/>