

**Today's to-do:** Take 1 minute to see if you're eligible for Omada



## **WEEK 2**

### **Snack Smarter.**

When you're dragging, hungry, and maybe even hangry, raiding a coworker's candy jar or grabbing greasy fast food can seem like a good idea.

**This week, challenge yourself to snack smarter.**

Defend yourself by stashing healthy snacks in your desk. Beyond the old standbys of nuts and fruit, here are 5 of our favorite snacks that pack the protein and fiber you need to manage your blood sugar without skimping on flavor.

#### **1. Cheese sticks with cherry tomatoes**

So simple, yet so satisfying. Get a little of both in each bite and you can almost convince yourself you're eating a gourmet Italian salad.

#### **2. Popcorn sprinkled with parmesan**

Sprinkle air-popped popcorn with parm. Or, even better, try nutritional yeast, which contains protein, fiber, and a dose of B vitamins for a natural energy boost.

#### **3. Plain greek yogurt with cinnamon and berries**

It's the cinnamon that transforms this from blah to meh to mouth-watering.

#### **4. Guac-stuffed hardboiled eggs**

These little orbs are powerhouses of nutrition, loaded with high-quality protein, vitamins, minerals, antioxidants, and healthy fats. Eat 'em plain or gussy 'em up with a spoonful of guacamole.

#### **5. Chocolate chia pudding**

Combine 1/4 cup chia seeds, 1 cup unsweetened almond milk and 1 tbsp unsweetened cocoa powder in a small container or mason jar, and shake vigorously. Soak overnight to form a pudding-like gel that tastes far better than it sounds.

**Make health a habit with Omada.**

If you'd like help turning little changes like these into lifelong habits, check out the Omada program. Omada is available to employees and their adult family members who are at risk for type 2 diabetes, and enrolled in a SEGIP medical plan (at no cost to you). Get started at [omadahealth.com/segip](https://omadahealth.com/segip)