

Health and wellness tips for your work and life—presented by
Your Company Name.



Do You Know the Signs of a Kidney Stone?

A recent study published in the Mayo Clinic Proceedings journal found that the prevalence of kidney stones has increased more than fourfold in women and more than twofold in men over the past 30 years.

If treated in a timely fashion, kidney stones usually don't cause permanent damage. Seek immediate medical attention if you experience any of the following:

- Pain so severe that you can't sit still or find a comfortable position
- Pain accompanied by nausea, vomiting, fever or chills
- Blood in your urine
- Difficulty passing urine

5 Healthy Snacks to Satisfy Your Workday Hunger

Snacking can be an important part of a healthy diet. Healthy snacks can provide midday energy boosts and fuel for exercising, and can help decrease your hunger and the odds of overeating at mealtime. Try incorporating these five simple snacks into your meal plan.

1. **Almonds**—1.5 ounces of almonds (about 35 nuts) provides enough fiber, protein and good fats to keep you feeling full until your next meal.
2. **Greek yogurt parfait**—1 cup of Greek yogurt with berries is a great way to get protein, calcium, fiber and antioxidants.
3. **Blueberries and mini Babybel cheese**—1 cup of fresh blueberries has only 80 calories. When paired with two mini Babybel cheeses, you get a high dose of fiber, antioxidants, protein and calcium.
4. **Apple and ½ cup roasted chickpeas**—Apples are fat-, sodium- and cholesterol-free. What's more? One medium-sized apple has less than 100 calories. When paired with ½ cup roasted chickpeas, you get a snack that provides protein, and good fats and carbs.
5. **Veggies with hummus**—Snacking on raw, fiber-rich vegetables during the day can help keep you full between meals. For extra protein, eat your veggies with hummus. Be sure to check the serving size on your hummus container to keep your portion size in check.

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