



## Bosses, please replace the donuts with kiwi

Posted by **LISA CULLEN**

News flash: work makes you fat.

What's a desk-bound cubicle slave to do? You could needle your boss into setting up a convertible work station, like this one profiled in the Louisville Courier-Journal, but who wants to stand when you can sit? I say God gave us butts for a reason. Employer-sponsored weight-loss programs are gathering more support, according to a May survey by the National Opinion Research Center at the University of Chicago—more support from employers, that is. Or you could make misguided eating choices, such as skipping breakfast. From an eye-opening feature in New York Magazine:

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A 2003 study published in the American Journal of Epidemiology concluded that subjects who habitually skipped breakfast (at least 75 percent of the time) had a four and a half times higher risk of obesity than those who habitually consumed it. (Those who missed breakfast even once during the study had an increased risk of obesity.) And of the 5,000-plus members of the National Weight Control Registry—registrants have lost an average of 66 pounds and have kept it off for more than five years—78 percent claim to be regular breakfast eaters.

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Me, my weakness is obsessive snacking. I keep a snack drawer in my office stocked with Triscuits, raisins, peanut butter, wasabi peas and dried squid (I'm pregnant, people—cut me some gross-snack slack). So when a box of fruit appeared in my office a while ago accompanied by some promotional material, I thought, Great. My colleague Barbara Kiviat over at Curious Capitalist gets a shipment of See's, and here I am with a pile of tangerines and avocado.



Turns out the fruit was from a San Francisco-based company called The FruitGuys whose mission is to "bring healthy 'brain food' to offices and to give stiff competition to the vending machine." The business delivers gorgeous cornucopias (cornucopiae?) of fruit to replace those plates of 1,000-calorie cookies at meetings, or for busy workers to grab as a snack from the office kitchen instead of lumbering out to the deli for a bruised banana.

(Dear See's PR team: you can still send me that box of chews and nuts. For the baby.)