

# Top healthy workplace snacks in 2014

[Company Kitchen](#), a Kansas City, Mo., company that provides more than 1,000 micro markets of fresh and healthy foods to workplaces across the country, has released a list of its most popular healthy workplace snacks.

The list includes prepackaged snacks and low-calorie drinks and waters as well as packaged fresh foods suitable for lunch.

"Staying healthy during the holidays, and throughout the entire year, has a lot to do with what and how you eat at work," Jim Mitchell, president of Company Kitchen, said in a news release.

The company installs micro markets in break rooms and workplaces across the country for free. The food is displayed in open coolers and shelves, allowing employees to check its freshness and nutritional content.

We're not certain Iowans would pick the same top foods. After all, one top item seems to include turkey as bacon, and that may not fly in the state that is tops in hog production and crazy for bacon. At any rate, here's the top five listings:

## Top 5 Healthy Foods

1. Borden Mozzarella String Cheese
2. Blue Diamond Bold Jalapeno Smokehouse Almonds
3. Baked Lay's Sour Cream and Onion chips
4. Baked Lay's BBQ chips
5. Baked Lay's Plain chips

## Top 5 Drinks

1. Dasani water
2. Diet Coke
3. Aquafina water
4. Minute Maid orange juice
5. Diet Dr Pepper

## Top 5 Fresh Foods

1. Healthy Southwest chicken wrap
2. Zesty tuna pasta salad
3. Turkey BLT salad
4. Strawberry yogurt parfait
5. Mango passion mixed fruit bowl