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You think you're doing the right thing by cramming in extra work and a sandwich simultaneously during your lunchbreak. However, a recent study reveals eating at your desk could do you more harm than good...

HYGIENE ISSUES

Ah, lunch *al desko* – the busy, working woman's version of the lunchbreak. While it may seem like the ultimate time-saver, a study by the Royal Society of Chemistry claims eating at your desk could pose a serious risk to your health. Why, you ask? Because when you go home for the day, disease-carrying mice come out to play.

According to the study's findings, there is strong evidence mice like to run along keyboards to get at food crumbs left by people who snack while they work – that's why it is so important to remember to wash your hands before you eat. Not enough to gross you out? The study shared the experience of one female desk snacker. "An office worker

WHY YOU'LL NEVER EAT LUNCH AT YOUR DESK AGAIN

The dangers that lurk right under your fingertips...

wondered why, given she did not eat any bread at her desk, there were seeds coming out of the [keyboard keys]. But further investigations showed them to be mice droppings." OMG. Disgusting.

DIGESTION PROBLEMS

Nutritionist Fiona Workman, of Sydney Nutrition, says eating where you work elicits a state of stress, which causes an uncontrollable appetite – and inevitably leads to eating too much. Eating at your desk also means you aren't aiding gravity-fed digestion, resulting in bloating. Workman's tips? Get up and leave your desk to eat. Find a quiet place to eat in a park, café or food court. Then, eat slowly. "It takes 20 minutes for the satiety hormone cholecystokinin to be released to say 'I'm full!,'" says Workman.

WEIGHT WORRIES

Sitting down all day can slow down your metabolism, says Sue Radd, director of the Nutrition and Wellbeing Clinic. "People nibble on whatever is around rather than getting a proper lunch to help them power through the afternoon," she says. According to Radd, extended periods of sitting is linked with obesity, Type 2 diabetes and heart disease. Her advice? "Take a stroll, even if it's only for 20 minutes." **Jane Hollier** □



PS... According to a recent survey, six in 10 women think men with facial hair are sexier than those who are clean-shaven.