

Shift to Healthy Eating At Work



Developed by Registered Dietitians

Nutrition Services

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Outline

- Fueling for your Workday
- Rethink your Drink
- Survive the Mid-Shift Slump
- Create a Healthy Eating Environment at Work
- Resources



Did you know?

- About 60% of waking hours are spent at work
- Healthy eating at work can
 - boost concentration and productivity
 - improve overall health



Fueling for Your Workday

Fueling for your Workday

Kick-start your workday with a healthy meal to help:

- boost nutrients, energy, memory
- manage weight
- improve eating habits during shift



Fueling for your Workday

- fruit
- hard boiled egg
- small whole grain bagel
- small whole grain muffin
- lower fat cheese
- whole grain cereal
- tomato
- low fat milk or fortified soy beverage
- fruit or nut bar
- low fat yogurt
- unsalted nuts and seeds
- nut or seed butter
- unsweetened applesauce
- barley, quinoa or oat porridge



Fueling for your Workday

Make it and take it!

- smoothie made with frozen fruit, milk, plain yogurt and a handful of spinach
- scrambled eggs, salsa and cheese in a whole grain tortilla
- oats with plain Greek yogurt and fruit
- nut butter in a whole grain pita with sliced bananas



Fueling for your Workday

Energize your day.

Build a healthy meal-
using the Eat Well Plate.



Fueling for your Workday

Plan ahead to eat a healthy meal.

- Consider using leftovers from meals at home.
- Combine foods from Canada's Food Guide Food Groups.



Fueling for your Workday

Wrap it, stuff it, layer it.

Grains Products

- whole grain breads
 - flatbread
 - ciabatta
 - pita
 - baguette
 - roll
- brown rice, quinoa, whole grain noodles

Vegetables and Fruit

- shredded carrot
- cucumber, mushroom
- arugula, kale, spinach
- peppers, tomatoes
- avocado
- roasted/grilled vegetables

Milk and Alternatives

- sharp cheese (old cheddar, gruyere)
- feta cheese
- goat cheese
- lower fat mozzarella, cheddar cheese

Meat and Alternatives

- egg
- tuna or salmon
- leftover roasted meats
- pulled pork
- tofu
- beans, lentils
- shrimp

Spread a little: tzatziki, salsa, basil pesto, hummus, black bean dip, balsamic reduction

Fueling for your Workday

Try something new!

- **Lunch Bowl:** brown rice or quinoa, red peppers, avocado, salsa, cheese and black beans or chicken.
- **Snazzy Salad:** arugula, strawberries, pears, goat cheese and almonds or pecans. Drizzle with balsamic dressing. Add a whole grain bun.
- **This and That:** Greek yogurt, whole grain crackers, hard boiled egg and a piece of fruit.



Fueling for your Workday

Eating out during your workday?

Tips for choosing healthier items:

- Downsize portions
- Choose healthier cooking methods
- Order menu items containing vegetables
- Reduce amount of sauces, condiments and dressings



Fueling for your Workday

Summary:

- Start your day with a healthy meal.
- Build a healthy meal.
- Keep ready-to-go foods in your fridge or cupboard.
- When eating out, reduce portion sizes of food and condiments.



Rethink your Drink

Rethink your Drink

Keep hydrated at work

Water has many jobs in the body:

- cools our bodies
- helps with digestion
- carries nutrients, removes waste
- acts as a cushion for organs and joints



Rethink your Drink

Keep hydrated at work

Choose water to drink

- Take a water break
- Carry your own water bottle
- Add flavour with sliced fruit



Rethink your Drink

Buzz or Bust

Too much caffeine can be harmful



- Coffee, coffee-based drinks, some teas and pop, and energy drinks contain caffeine
- Choose lower caffeine options

Limit coffee to 2–3 cups (500–750 mL) per day.

Rethink your Drink

Drinks with added sugar	Amount
Energy drink (1 can, 473 mL)	14 tsp
Flavoured latte (medium, 16 oz, 473 mL)	10 tsp *
Fruit flavoured drink (1 bottle, 591 mL)	18 tsp
Mocha iced cappuccino (medium, 515 mL)	15 tsp *
Slush drink (1.18 L)	36 tsp
Sports drink (1 bottle, 710 mL)	10 tsp
Sugar sweetened pop (1 can 355 mL)	10 tsp
Sugar sweetened pop (1 bottle, 591 mL)	18 tsp
Vitamin enhanced water (1 bottle, 591 mL)	6 tsp



* These drinks also contain added fat

Rethink your Drink

Summary:

- Stay hydrated throughout the day.
- Choose water to drink.
- Limit drinks with caffeine.



Survive the Mid-Shift Slump

Survive the Mid-Shift Slump

What is a mid-shift slump?

A feeling described as:

- Sleepy or tired
- Groggy



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Survive the Mid-Shift Slump

The slump can be caused by:

- our biological clock
- type or amount of light exposure
- stress, boredom and food choices



Survive the Mid-Shift Slump

No nap? No problem.

Be physically active during meal or break times to help keep your energy up.

- Physical activity is a natural way to wake your body up.
- Walk for at least 10 minutes on a break.
- Opt for a walking meeting, if possible.



Survive the Mid-Shift Slump

- Take your full break.
- Leave work on time.
- Do things you enjoy after work. Leave your work there.
- Get enough sleep.



Survive the Mid-Shift Slump

If you are hungry between meals:

- Choose a healthy snack from one of the food groups on Canada's Food Guide.
- Keep healthy food on hand to make the healthy choice the easy choice.



Survive the Mid-Shift Slump

Grab-and-go healthy break ideas

- fruit
- whole grain crackers/rice cakes
- plain instant oatmeal
- dry whole grain cereal
- plain yogurt
- dried fruit and nuts/seeds
- raw vegetables
- small can of tuna
- hummus
- nut or seed butter



Survive the Mid-Shift Slump

Summary:

- Take your breaks.
- Walk for at least 10 minutes on a break.
- If you snack, choose a healthier option.
- Get enough sleep (7-9 hours) during each 24 hour period.



Create a Healthy Eating Environment

- Make the healthy choice, the easy choice!
- We can all help create a healthy environment at work.



Create a Healthy Eating Environment

What can you do?

- Order healthy food for meetings or celebrations.
- Bring a healthy item for staff meetings or potlucks.
- Organize potlucks with a healthy theme.
- Swap the staff candy bowl for a bowl of fresh fruit.

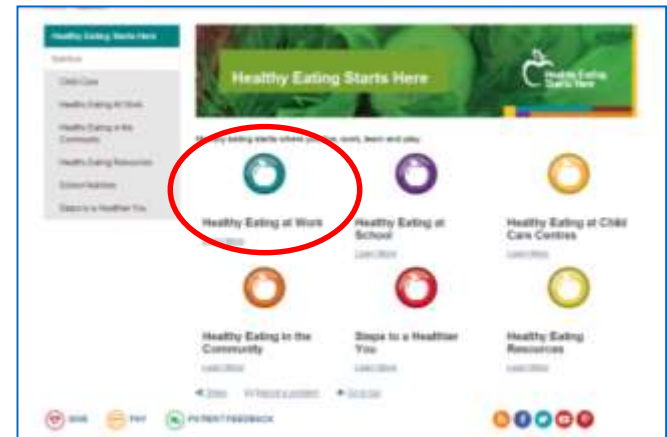


Create a Healthy Eating Environment

What can you do?

Try the Healthy Eating Challenge!

- Gather up your co-workers
- Visit the HealthyEatingStartsHere.ca website (at work section) for details



Resources

- [Healthy Eating Starts Here](http://www.healthyeatingstartshere.ca)
www.healthyeatingstartshere.ca
- Dietitians of Canada
<http://www.dietitians.ca/>

For More Information



HealthyEatingStartsHere.ca

QUESTIONS?

Energy Drinks

- advertised to boost mental and physical energy for a short period of time
- contain caffeine
- may contain sugar or sugar substitutes
- Are not recommended for children, youth or pregnant women

