

Northwestern Health Unit



Series 3 – Nutrition in the Workplace

Part B: Eating Well with Canada's Food Guide



Audio and PPT



This presentation is part B of a series by the Northwestern Health Unit.

Should you choose, an audio presentation accompanies these slides. Please follow along.



Nutrition in the Workplace



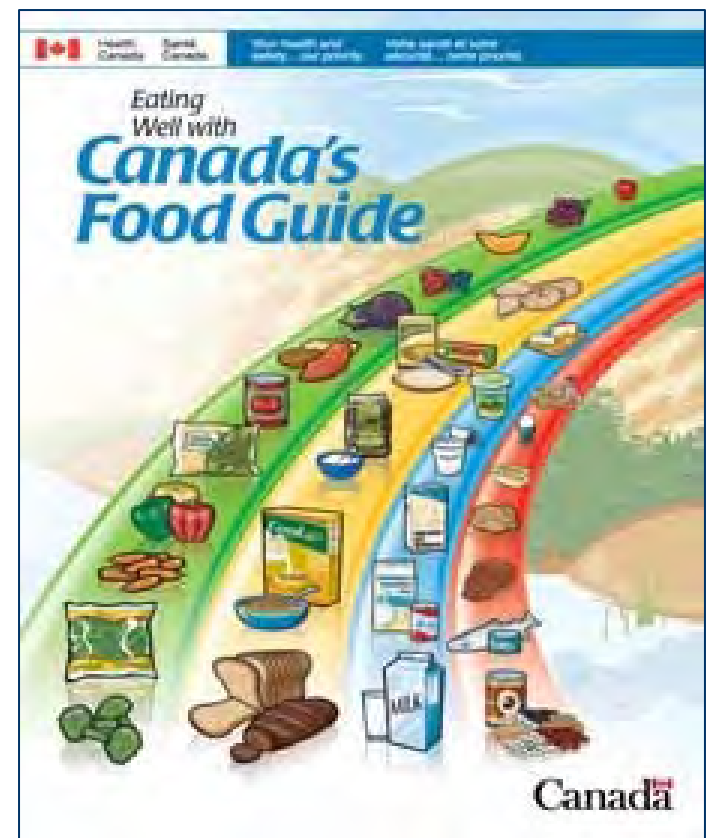
The overall purpose of this presentation is to learn about “Canada’s Food Guide” and healthy eating ideas for the workplace.



Discussion Topics

- Eating Well with Canada's Food Guide
- Incorporate nutrition into the workplace
- Healthy eating ideas for the workplace
- Suggestions for the workplace

Eating Well with Canada's Food Guide 2007



Goals for Canadians

- Get enough vitamins, minerals, and other nutrients
- Reduce the risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis
- Achieve overall health and vitality



How much should I be eating?

It is different for everyone depending on:

- gender
- activity level
- stage of life



The 4 Food Groups



Vegetables & Fruit



Grain Products



Milk & Alternatives



Meat & Alternatives





Grain Products

- Make at least half of your grain products whole grain each day
- Whole grains:
 - are a good source of fibre
 - are low in fat
 - make you feel full and satisfied





Milk & Alternatives

- Includes skim, 1% or 2% milk
- Vitamin D – Developing and maintaining strong bones
- Fortified soy beverage can be used as an alternative to milk





Meat & Alternatives

- Includes meat alternatives such as beans, lentils and tofu
- Includes fish so try and fit it into your diet at least twice a week!





Oils & Fats

Include 2 to 3 tablespoons of added unsaturated fats daily

- Select healthier oils and fats
- Limit trans fat



Food Guide Servings Per Day

Recommended Number of Food Guide Servings per Day									
	Children			Teens		Adults			
Age in Years	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

Remember...

Limit foods and beverages high in calories, fat, sugar or salt



- “Junk” food e.g. pop, chips, fries, cakes – foods with low-nutrient density
- Attention to cooking methods to limit these elements

For More information on Canada's Food Guide visit:

[www. healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)



Incorporate Nutrition into the Workplace



4 Key Steps

1. Raise awareness
2. Collect information
3. Make a nutrition plan
4. Keep it going!



Healthy Eating Ideas For Your Workplace



Fight Roadblocks

- No time to prepare
- No time to eat
- Boredom
- Food temptations



1. No Time to Prepare

- Set up a “lunch” drawer at home with insulated containers, plastic containers, and plastic wrap
- Pack a lunch while making dinner, you already have food out



2. No Time to Eat

- If you eat at your desk, stock a drawer or shelf with non-perishable foods

Try foods such as:

- fruit cups
- milk puddings
- cold cereal
- whole-wheat crackers
- peanut butter
- lightly seasoned popcorn



3. Boredom

- When making a sandwich...try a different type of bread, bagel or roll
- Switch it up – example: if you like apples...try another fruit like pears, nectarines or plums



4. Food Temptations

- Find healthy alternatives to your favorite snacks, you might find some healthy foods are quite tasty
- Remove temptations! Try not to keep food at work that is high in fat, sugar and calories such as chips, candy and chocolate



Beverages

Choose...

- bottled water, 100% fruit or vegetable juices and coffee or tea

Instead of...

- pop or fruit flavoured drinks



Snacks

Choose...

- cut up raw vegetables such as carrots, peppers, zucchini, or cherry tomatoes
- whole grain crackers

Instead of...

- chips or cookies
- regular crackers



Breakfast

Choose...

- poached eggs
- low-fat or skim milk

Instead of...

- fried eggs
- whole or 2% milk



Lunch

Choose...

- salads with dressing on the side
- sandwiches on whole grain breads

Instead of...

- salads with added dressing
- sandwiches on croissants



Tips for Healthy Eating on the Run...

- Plan ahead
- Think variety
- Practice portion control
- Reduce, do not eliminate certain foods



Food Safety Tips

- Keep cold foods cold, and hot foods hot
- Wash your hands in warm soapy water before preparing food.
- Pack lunches in insulated carriers with a cold pack



Suggestions for Your Workplace



Suggestion #1:

- Promote awareness of healthy eating through:

Challenges/Contests

Posters

Signs

Displays

Bulletin Boards

Activities

Skill Building

Resource Centre/Library

Suggestion #3:

- Make it convenient for employees to bring their lunches and snacks from home. This means having kitchen facilities available with a refrigerator, microwave, toaster, kettle, and sink



Suggestion #4

- Offer some healthy food choices during meetings and functions



Suggestion #5

- Make sure work schedules permit adequate time for eating



References

Sources used to complete this presentation include:

- Canadian Health Network - Healthy Eating. Public Health Agency of Canada.
- County of Lambton Community Health Services. A Guide to Healthy Living at Work. September 2004.
- Eating Well with Canada's Food Guide. A Resource for Educators and Communicators. 2007.
- Eating Well with Canada's Food Guide. Health Canada. 2007.
- University of Minnesota. School of Public Health. Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events. 2004.