

# Top tips for putting healthy eating into practice in the workplace

MISSION VERY POSSIBLE!



## Top tips to eat more fruit and vegetables at work

1. Make the first drink of the day a fruit juice.
2. Use up desktop fruit (fruit you keep on your desk or in a staff fruit bowl) by blending it with yoghurt to make a fruit smoothie if you have access to a smoothie machine or blender in your workplace.
3. Add some fruit or vegetable to your lunchtime salad or sandwich – for example: melon and ham; cheese and apple; chicken and mango; ham and coleslaw; tuna and sweetcorn.
4. Add a variety of vegetables to your lunchtime salad to make it more colourful.
5. Chop up a selection of fruit, such as apples, pears and nectarines, and make an interesting fresh fruit salad for your lunchbox.
6. When making or buying sandwiches, use thicker wholemeal bread; less meat, cheese or other filling; and plenty of salad.
7. Keep a supply of dried fruit in the cupboard. If you run out of fresh fruit, pack a handful of dried fruit in your lunchbox instead of crisps.
8. Swap the team biscuit tin for a fruit basket.



## Top tips to help you drink more fluids at work

1. Fill a 1 litre bottle of water at the start of each working day and commit to drinking it all before you go home.
2. Take water with you into meeting rooms and reduce your intake of caffeinated drinks.
3. Remember to take a drink with you when you are on the move as part of your work – for example, on car or train journeys.
4. Don't take drinks when team members offer to make them for you. Instead, get up and make your own – the extra exercise is good for your health!
5. Each time you drink a caffeinated drink, have a glass of water too.
6. Add slices or chunks of fresh lemon or orange to a glass of water to add flavour.
7. Buy yourself a funky glass or mug to encourage you to drink more.
8. During the summer months, leave a bottle of water in the fridge and refill it each time you take a drink.

# Top tips for putting healthy eating into practice in the workplace

MISSION VERY POSSIBLE!



## Top tips for reducing sugar intake at work

1. Fresh fruit is a tasty and very healthy option.
2. Switch chocolate biscuits in meeting rooms for easy-to-munch fresh fruit chunks, or at least provide a choice.
3. If you share cakes to celebrate team successes or special occasions, watch the portion sizes and offer small 'tasters' for those aiming to reduce their sugar intake.
4. Avoid buying high-sugar fizzy drinks from the vending machines.
5. Compare food labels and/or traffic-light labels, and choose the healthier options.



## Top tips for reducing salt intake at work

Many everyday foods are high in salt. In fact, three-quarters of the salt we eat is already in the food we buy.

1. Switch to low-salt crisps or snacks or reduce your portion size.
2. Take care with your sandwich fillings by limiting foods high in salt such as bacon, cheese, pickles and yeast extract.
3. Check food labels to find out which foods are high in salt. Choose those with less salt. Make use of the traffic-light labels that make it easier to choose healthy options. Or check the figure for salt (or sodium) per 100g. HIGH is more than 1.5g salt per 100g of food (or 0.6g sodium per 100g). LOW is less than 0.3g salt per 100g of food (or 0.1g sodium per 100g).
4. If curry or chilli is on the menu at lunchtime, eat more rice and less curry or chilli. If you have baked potato with cheese, eat more jacket potato and less cheese.
5. Don't add salt automatically when you're about to eat your food. Taste it first.
6. Persevere for a couple of weeks. This is how long it takes your taste buds to adjust to eating less salt.



## Top tips for increasing daily fibre intake at work

1. Switch to wholegrain or high-fibre white bread for lunch.
2. Add salad and/or fruit to your lunchtime meal.
3. Include at least one fruit or vegetable snack during your working day.