

## HEALTHY EATING IN THE WORKPLACE

### Quick Facts

- 65% of South African females are found to be over weight and obese
- 31% SA males are found to be overweight and obese
- Employees with an unhealthy diet have been found to have 66% increase of lower productivity than those who ate healthy meals

**Overweight and obesity are risk factors for developing:** *diseases of lifestyle e.g. hypertension, heart related diseases, diabetes and some cancers* | **Stress** | **Disability** | **Injury** |

## Healthy eating is important to improve the quality of life.

*Enjoying a variety of foods in small quantities is key. Choose your portions carefully*

### MEAL IDEAS

Breakfast	Lunch	Supper
Soft maize porridge or High Fibre cereal or Oats, Muesli Milk, Low fat	Cheese/egg and tomato sandwich on Whole-wheat Bread. (2 slices) <b>or</b> Tuna Sandwich (2 slices)	Phuthu and bean curry, spinach, steamed carrots <b>or</b> Rice, beef stew with beetroot salad <b>or</b> Baked potatoes with grilled fish, green salad <b>or</b> Vegetable biryani with sambals <b>or</b> Baked Butternut, Grilled Chicken & Broccoli, low fat, low salt gravy
Whole-wheat rusks <b>or</b> Toasted Whole-wheat Bread with peanut butter	Chicken/Chicken strips/Grilled Fish and Avo/feta Wrap <b>or</b> Leftover food from home, choose your portions carefully	
	Pasta Salad <b>or</b> Grilled Chicken Garden greens and bread rolls	

### SNACK IDEAS

Option 1	Option 2	Option 3
Unsalted Savoury whole-wheat crackers (3) with Cottage cheese	Fruits or Fruit salad <b>or</b> Dried fruit, fruit rolls, fruit bars (no added sugar);	Unsalted Nuts & raisins or Pumpkin seeds Unflavored and low-salt popcorn; low-fat / fat-free yoghurt/drinking yoghurt;

### BEVERAGES

**Drink plenty of clean safe water. You may choose beverages from the list below**

- Water, still or sparkling/soda water;
- Tea or coffee -regular or decaffeinated Milk such as low-fat, 2%, 1% fat or fat-free milk;
- Low-fat UHT milk (200 ml tetrapacks);
- Low-energy beverages i.e light/ zero/ diet (maximum of 200ml per serving).
- 100% fruit juice (maximum serving size of 250ml); diluted with water
- 100% vegetable juice with no added sugar and ≤ 200mg of sodium (maximum of 250ml per serving); diluted with water

### PORTION SIZE GUIDE

Eating a meal containing very low amounts of starch and high of amount of fat and protein is not recommended as it is associated with health risks in the long term. A meal should consist of one meat dish option with an option of vegetarian for those who are vegetarian, one starch option, two vegetables options, one fruit option and water. Refer to portion guide below



**Clenched fist = 1 cup:**  
Cooked pap, rice, samp, pasta, potato, fruit



**Size of palm:**  
Meat, fish, chicken



**Handful:**  
Nuts, raisins



**Tip of thumb = 1 teaspoon:**  
All oils, mayonnaise, margarine

- A fistful is equal to one cup and can be used to estimate the portion size for starchy foods such as rice, samp, cooked pap, pasta or for whole fruit;
- The size of the palm of the hand can be used to estimate the portion size for meat, fish or chicken. If a stew or curry is served this would be about ½ cup.
- Two open handfuls can be used to estimate the portion size for vegetables (one open handful is about ½ cup);
- One open handful can be used to estimate the portion size for cooked beans/split peas/lentils or nuts or raisins;
- The tip of the thumb is equivalent to one teaspoon and can be used to estimate the portion size for all oils, margarine or mayonnaise;
- The size of the thumb can also be used to estimate the portion size for peanut butter or hard cheese.

**Breakfast is essential as it breaks overnight fast thus provides the body with nutrients to replenish the used up stores**

**Lunch is also important; skipping lunch may result in overeating on the next meal. Lunch should constitute of a variety of foods in small quantities.**

**Supper should be eaten at least 2-3 hours before going to bed, to allow for the processing of the meal to take place whilst the body is still active. Remember to choose your portions carefully**

**Be active**

**Aim for 30-50 min three times a week of physical activity, check with your health care worker before you embark on physical activity**