



# New Workplace, New You!

## Enhancing your Health with what you Eat

You have probably heard it a thousand times, but food is your body's fuel. If you want to be the best possible version of yourself, one who is happy, productive, organized, healthy, the best place to start is with what you are putting into your body. After finding out about your possible health risks, here are some tips on ways to keep you healthy by what you eat.

1. **Have breakfast every day.** It helps get your metabolism going early and prevents over eating later in the day. You need to start your day off by giving your body the fuel it needs to function. You should try to incorporate three of the four food groups for a balanced breakfast. For example, having a yogurt with cereal on top with some fruit added in.
2. **Try eating fruits and vegetables at all meals and as snacks :** We have all heard this before and the fact of the matter is, fruits and vegetables are high in fibre, contain antioxidants, and are low in fat. They are also packed with vitamins and minerals which help the immune system, your metabolism, and protect you against disease. Canada's Food Guide recommends adults to consume between 7-8 servings and 7-10 servings per day for women and men respectively.

### Ways to get more fruits and vegetables into your diet:

- Add fruit to your cereal or yogurt in the morning.
  - Top your pasta with vegetables or add them to your tomato sauce.
  - Decrease the amount of meat to the proper 3 oz portion size and try having a root vegetable in place of the larger portion of protein. Root vegetables are full of nutrients and are very filling.
3. **Make sure you are getting enough water!** In short, water is an essential nutrient. It is a necessary component to the metabolic process, and it keeps your skin looking young and vibrant. So go after those 8 glasses of water a day!
  4. **Avoid too much refined sugar.** Refined sugar (white, brown, powdered, or liquid) is processed sugar and is found in soda pop, fruit juices, candies, baked goods, and many other processed foods. When high-sugar foods are eaten, your blood sugar levels rise quickly, and then fall just as quickly causing feelings of fatigue or irritability. Low blood sugar can also increase feelings of stress or depression. It is best to eat low glycemic foods to help control blood sugar levels. These foods are digested slowly and the sugar gets into the blood stream at a more even rate. Low glycemic foods are usually high in fibre and low in added sugars. Some examples of low glycemic foods are bran flakes, 100% whole grain foods, most fruits and vegetables, oatmeal and beans. By eating these foods you will have more energy throughout the day.

5. **Avoid eating too much saturated fat and cholesterol.** Most of us eat more fat and saturated fat than we need for a healthy diet. High fat diets have been linked to heart disease, cancer and other serious health risks. High blood cholesterol can clog blood vessels and increase the risk of high blood pressure, heart attack and stroke. Switching to low fat dairy products, eating less processed foods and choosing leaner meats such as chicken and turkey can help you cut out some of the saturated fat in your diet.
6. **Avoid too much salt (sodium).** Most of the salt in your diet comes from the salt added to packaged foods and the salt that you add to your food at the table. Sodium is an important mineral in the body, but most of us get way too much in our diet. Excess salt intake can lead to high blood pressure, which can cause other health problems. Try cutting down on the amount of salt you put on your foods, and stay away from processed and fast foods. Once you begin to cut back on salt your taste will adjust and you will notice when something is too high in salt.
7. **Increase your physical activity.** Activity gives you more energy and decreases your health risks for chronic diseases. Exercising regularly will increase your metabolism and energy levels.

Be sure to contact your doctor prior to any change in your physical activity regimen. Feel free to contact your on-site wellness consultant to discuss healthy eating options and safe activity in an effort to lower your health risks and keep you healthy.