

Feel good with food at work

Maria van der Merwe

B.Diet, M.Nutr

RD(SA), RNT(SA)

Non-Communicable Diseases (NCDs)

BURDEN

Diabetes, hypertension, heart disease,
certain types of cancer

Increasing - Globally causes more deaths
than all other causes combined.

PREVENTABLE: Common dietary and
lifestyle risk factors.



NCD risk factors

- Dietary factors
 - High fat intake
 - High salt intake
 - Low fibre intake
 - High intake of sugar-sweetened beverages
- Obesity
- Sedentary lifestyle
- Genetic risk
- Stress
- Tobacco use

Healthy Eating Guidelines for the Workplace



Why is healthy eating at work so important?

Time spent in the workplace.

Good nutrition and being active support mental and physical wellbeing.

Prevent and manage chronic diseases of lifestyle.

Manage stress and anxiety (stable blood sugar, gut health, 'feel-good' hormones).

Know your health and nutritional status and set positive goals.

Tips for healthier food preparation

Common practice:

Peeling vegetables and fruit that do not need peeling, e.g. apples, pear, peaches, potatoes, sweet potatoes, carrots, tomatoes, butternut.

Healthier practice:

Leave the skin on vegetables and fruits to reduce loss of nutrients.

Why?

The nutrient-rich part of vegetables and fruits is often right underneath the skin. The skin of vegetables contains a considerable amount of fibre which supports digestion and prevents constipation. It also reduces bad cholesterol thereby reducing heart disease risk.

Tips for healthier food preparation

Common practice:

Using white flour for baking or making steamed bread.

Healthier practice:

Use whole-wheat flour, which contains fibre, for baking or making dumplings.

Why?

During processing, white flour is stripped off its healthy fibre which is essential for good digestion.

Tips for healthier food preparation

Common practice:

Using coffee creamers or blends instead of milk for coffee and tea.

Healthier practice:

Rather use low-fat or fat-free milk.

Why?

Coffee creamers are not dairy products and are high in saturated fats which are not good for heart health.

Tips for healthier food preparation

Common practice:

Buying cooldrink, juices, flavoured water or mineral water.

Healthier practice:

Water should be your drink of choice.

Why?

Water hydrates you without adding excess calories.

Great snack ideas

1 medium sized fruit

1 cup grapes or berries

1 cup carrot and / or cucumber sticks

Other snack options

(by mindful of portion size – ¼ cup)

Dried fruit

Nuts

Popcorn

Wholewheat crackers

Biltong

Yoghurt

Mopani worms

Maas

Crackers and peanut butter.

Rice cakes and cottage cheese.

Fruit and yoghurt.

Boiled egg and a slice of bread.