



**BC Forest Safety**

Safety is **good** business

# HEALTH AWARENESS: DIET & NUTRITION



- **FOOD AND DRINK PROVIDE ENERGY AND NUTRIENTS NEEDED TO SUSTAIN LIFE, BUT THEY ALSO PROVIDE ENJOYMENT AND ARE SOCIALLY IMPORTANT WHICH CAN MAKE IT DIFFICULT TO MAKE HEALTHY CHOICES.**
- **THERE IS NO MAGIC DIET FOR WEIGHT LOSS OR GOOD HEALTH, BUT THE CHOICES YOU MAKE CAN HAVE IMPORTANT CONSEQUENCES FOR YOUR ABILITY TO STAY ALERT ON THE JOB.**
- **STAYING ALERT, RESPONDING QUICKLY TO UNEXPECTED EVENTS AND MAKING GOOD DECISIONS WILL BE EASIER WHEN YOUR BLOOD GLUCOSE (SUGAR) IS STABLE, WHICH CAN ALSO HELP PREVENT DIABETES.**
- **EATING WHOLE UNPROCESSED FOODS AND AVOIDING SUGARS (ESPECIALLY IN FLUIDS) WILL HELP STABILIZE BLOOD SUGAR AND PROVIDE THE NUTRIENTS REQUIRED FOR GOOD HEALTH.**
- **THE ONLY WAY TO SUSTAIN A HEALTHY BODY WEIGHT IS BALANCE. BALANCE YOUR ENERGY INTAKE FROM FOOD AND DRINK WITH YOUR ENERGY OUTPUT FROM EXERCISE AND WORK.**
- **BALANCE HIGH-QUALITY, NUTRITIOUS FOODS WITH FOODS CHOSEN FOR TASTE OR SPECIAL OCCASIONS.**