

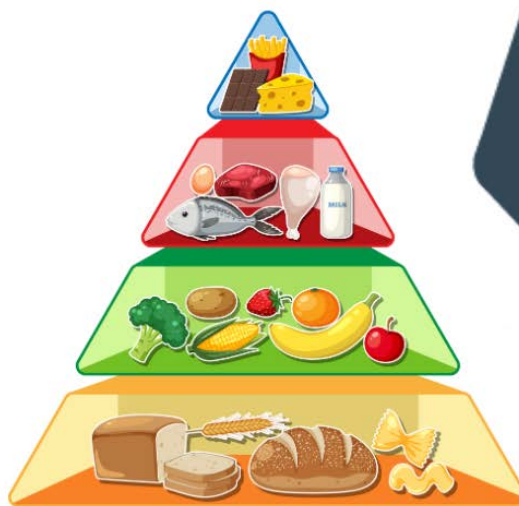
# FUELING SUCCESS: PROPER NUTRITION FOR PEAK WORK PERFORMANCE

You work in a fast-paced industrial environment, so you know the importance of arriving at work well-rested and free from the influence of drugs or alcohol. But how do you stay fit for work throughout the day?

Proper nutrition is essential for keeping your body and mind in top shape. By maintaining your physical and mental fitness, you contribute to a productive and safe workplace.

## HOW TO FUEL SUCCESS:

- PHYSICAL STAMINA
- MENTAL SHARPNESS
- IMMUNE SYSTEM SUPPORT



**BC Forest Safety**

# PROPER NUTRITION



## PHYSICAL STAMINA

Eating balanced meals both at work and at home ensures a steady supply of essential nutrients, providing sustained energy throughout your workday and helping your body function optimally.

- Eat balanced meals both at work and at home.
- Have small, balanced meals and snacks every few hours.
- Include fibre-rich foods like whole grains, fruits, and vegetables, as well as high-protein foods.
- Avoid sugary candies and energy drinks to maintain sustained energy levels.

## MENTAL SHARPNESS

Maintaining a balanced diet can greatly enhance your mental sharpness. Consuming a variety of nutrients helps support optimal brain function.

- Eating fruits and vegetables rich in antioxidants can protect brain cells.
- Omega-3 fatty acids found in fish promote brain health.
- Avoiding excessive sugar and processed foods helps maintain cognitive function.
- Staying hydrated by drinking enough water is important for brain function.

## IMMUNE SYSTEM SUPPORT

Proper nutrition is essential for maintaining a strong and effective immune system.

- Vitamins and minerals are essential for the growth, function, and protection of immune cells.
- A high-fibre diet and probiotics support a healthy gut, which plays a significant role in immune function.
- By focusing on a balanced and nutrient-rich diet, you help ensure your immune system remains strong and capable of defending against illnesses.

## **REMEMBER:**

**Focusing on proper nutrition ensures you are prepared and safe for work each day. It can enhance your physical endurance, mental sharpness and strengthen your immune system.**

LEARN MORE: [Canada Food Guide](#)



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