

EAT SMART, WORK SMART

In today's fast-paced work environment, maintaining high levels of efficiency, focus and safety is essential.

Our diet plays a vital role in this but is often overlooked. Eating healthy isn't just about maintaining a certain weight or looking good; it's about fueling your body and mind to perform at their best. When you nourish yourself with the right foods, it positively impacts your overall well-being and productivity.

This March, during National Nutrition Month, focus on making healthy eating choices to keep your mind and body sharp.

NOURISH TO FLOURISH:

- HEALTHY EATING HABITS
- HEALTHY FOOD CHOICES
- HEALTHY SNACKS



BC Forest Safety

Safety is good business

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HEALTHY EATING HABITS

Canada's Food Guide emphasizes the importance of not just what we eat, but also where, when, why, and how we eat. Here are some key habits:

- **Mindful Eating:** Pay attention to your eating habits, take time to eat and recognize hunger and fullness cues.
- **Cook More Often:** Plan meals and involve others in meal preparation.
- **Enjoy Your Food:** Incorporate cultural and traditional foods.
- **Eat Together:** Share meals with others whenever possible.

HEALTHY FOOD CHOICES

Canada's Food Guide suggests the following healthy food choices:

- **Eat Breakfast:** Start your day with a nutritious meal.
- **Eat Plenty of Vegetables and Fruits:** Include whole grain foods and protein foods, choosing plant-based proteins more often.
- **Choose Healthy Fats:** Opt for foods with healthy fats instead of saturated fats.
- **Limit Processed Foods:** If you choose processed foods, eat them less often and in small amounts.
- **Prepare Meals and Snacks:** Use ingredients with little to no added sodium, sugars, or saturated fat.
- **Choose Healthier Options When Eating Out:** Look for healthier menu options.
- **Make Water Your Drink of Choice:** Replace sugary drinks with water.
- **Use Food Labels:** Read labels to make informed choices.
- **Slow Down at Mealtime:** Take your time to enjoy your food.

IDEAS FOR HEALTHY MEALS AND SNACKS AT WORK

- Whole grain crackers
- Nut butter, such as peanut or almond butter
- Nuts and seeds, such as almonds or cashews
- Low sodium beef jerky
- Cut carrots
- Celery sticks
- Apples
- Low fat, high protein muffin
- Whole grain bagels / Bread
- Low-fat yoghurt
- Cottage cheese
- Fresh fruit
- Raw vegetables
- Low-fat cheese
- Salad greens
- Boiled egg

Here are four simple things you can do to significantly improve your overall health

1. Stay Active
2. Eat a Balanced Diet
3. Prioritize Sleep
4. Manage Stress

BCFSC Fit To Work Resources:



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