

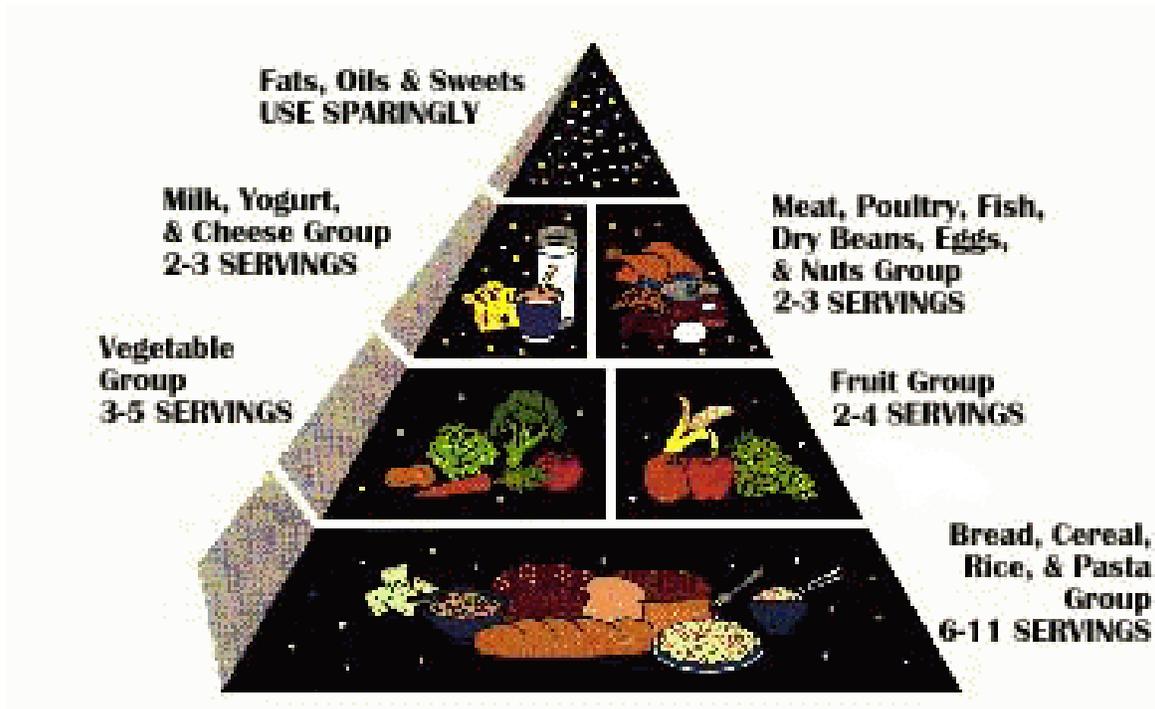
NUTRITION



More than 90 million Americans are affected by chronic diseases and conditions that comprise their quality of life and well-being. Overweight and obesity, which are risk factors for cardiovascular disease, hypertension, diabetes, certain cancers, and other chronic diseases, are more common than ever before. To correct this problem, we must make significant changes in our nutrition, eating habits and lifestyles.

FOOD PYRAMID

In order to eat well and healthfully, follow the U.S. FDA recommended dietary guidelines. The food pyramid is an outline of what you should eat each day. The pyramid recommends a variety of foods to get necessary nutrients and the right amount of calories to maintain a healthy weight.



HEALTHFUL HABITS

To practice healthful eating habits at work, avoid these common nutrition pitfalls at the office:

- the morning doughnut or burrito at breakfast;
- fast food for lunch or a unhealthy meal at a restaurant;
- the afternoon candy bar at break time.

Replace these bad eating habits with good ones, like taking fruit and vegetables to the office and bringing a healthy lunch instead of eating a high-fat meal at a restaurant.