

## **NUTRITION**

### **OBJECTIVES**

- Staff will understand the importance of proper nutrition
- Staff will learn the food groups identified in the food pyramid

You may be wondering why we are talking about nutrition and health and wellness in safety training. An employee's health and wellness directly relates to employee injuries. A healthy and fit employee is less likely to get injured or ill on or off the job. A healthy person feeling well can focus on the task at hand and therefore is a safer employee.

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.

*Discuss food pyramid and the number of servings we should eat daily.*

### **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.

### **CLOSING**

- *Encourage discussion about nutrition and the changes they can make in their nutrition to get or remain healthy.*