



Canadian
Cancer
Society

**Healthy
Workplaces**

Module Tools - Educate

healthy
eating

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Here you will find educate resources with useful information and tips to share with employees. The following documents are included;

1. [Ideas and Suggestions for Promoting Healthy Eating at Work](#)
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Ideas and Suggestions to Promote Healthy Eating at Work

healthy eating

- **Post information about the importance of healthy eating on bulletin boards.** Download information and fact sheets from the “educate” section of the healthy eating module on the Healthy Workplaces website.
- **Include information on healthy eating in short articles** for internal newsletters, staff emails or pay cheque inserts.
- **Use email or the company intranet** as a way for staff to share healthy recipes or offer tips on healthy eating.
- **Post a list of nearby restaurants** that offer healthy food choices. Check out [Informed Dining](#) for a list of restaurants that supply nutritional information.
- **Have a dedicated area** for displaying information, pamphlets or videos about healthy eating.
- **Provide opportunities for employees to meet with qualified nutritionists or registered dietitians** to learn about setting personal healthy eating goals. In BC, call 8-1-1 to speak with a registered dietitian or link to [Find a Dietitian](#).
- **Promote healthy eating rather than dieting in the workplace.** Healthy eating means eating a variety of foods every day and being mindful of how much and how often we eat. Try the [Half Your Plate](#) website for a collection of resources to share with your employees on how they can eat well at work and at home.
- **Organize Lunch ‘n’ Learn sessions on healthy eating.** See our Tips for Organizing a Lunch and Learn Session in the “Support” section for more information.
- **Look out for national or provincial theme weeks** and promote them. For example, [Canada's Healthy Workplace Month](#) takes place in October. March is [Nutrition Month](#).
- **Post these five fact sheets around your office** created by the Dietitians of Canada.
 - > [Tips to keep you satisfied on your commute home](#)
 - > [Breakfast tips when you're in a hurry](#)
 - > [Healthy options at meetings and events](#)
 - > [Tips to keep lunch at work interesting](#)
 - > [Tips to avoid the mid-afternoon slump](#)



Eat Well: The Top Seven Things to Do

healthy eating

It can sometimes seem difficult to make healthy choices when it comes to what we eat. Eating well begins with eating a variety of foods each day to get the nutrients you need for good health. Eating well not only reduces your risk of cancer and other chronic illnesses, it also provides the energy you need to be productive at work, at home and at play. Here are the top seven things that you can do to eat well.

- 1. Eat a variety of vegetables and fruit.** Aim for 7 to 10 servings every day.
- 2. Go for high-fibre foods.** In addition to vegetables and fruit, Canada's Food Guide recommends making at least one-half of your grain products whole grains; have beans and lentils often.
- 3. Limit red meat and processed meat.** Try to limit the amount of red meat you eat each week to three servings. A serving is 85 grams (3 ounces) when cooked – this is smaller than a deck of cards. Processed meats are meats preserved by smoking, curing or salting, or by the addition of preservatives and should be eaten occasionally, such as ham for a holiday dinner or a hot dog at a sporting event.
- 4. Limit how much alcohol you drink.** Keep it to less than 1 drink a day for women and less than 2 drinks a day for men. You should also plan non-drinking days every week to avoid developing a habit.
- 5. Use less sodium and sugar.** Sodium and sugar are added to many of the foods we eat, especially processed foods. Read the Nutrition Facts table and ingredients list to learn if a food product is high in added sugar or sodium.
- 6. Choose healthy oils and fats.** Be careful about adding extra fats. Everyone needs fat in their diet, but not too much. Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, soft margarine and mayonnaise. Choose vegetable oils such as canola, olive and soy bean.
- 7. Cook and prepare food with care.** For general good health, it's important to prepare, cook and store food with care to kill harmful bacteria that can cause food-borne illnesses.

For free nutrition information, call 8-1-1 to speak with a Registered Dietitian or you [can email a Healthlink BC Dietitian](#).

Sources:

[Canadian Cancer Society Eating Well](#); [Monthly Tips to Reduce your Risk of Cancer](#)
[Canada's Food Guide](#)