

Healthy eating / Department of Health.

Contributors

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Healthy Eating

Eating a healthy balanced diet will help you feel good today and keep your body healthy into the future. During the working day we often experience feelings of tiredness, low energy levels and headaches. Eating a healthy and balanced diet can help you to stay alert, maintain your concentration and work well throughout the day.

Did you know?

If the present trend in obesity continues, by 2010 1 in 4 people will not fit into a standard office chair.

Top tips to keep you working well...

- Don't wait until you're thirsty, keep a glass or bottle of water within easy reach and drink plenty throughout the day.
- Make time to eat healthy, balanced meals, including breakfast.
- Eat at least 5 portions of fruit and vegetables every day.
- Starchy foods should make up about a third of the food you eat – try to choose wholegrain varieties whenever you can.
- Snack on bananas or dried fruit and nuts to keep your energy and concentration levels up throughout the day.

To find out more...

British Heart Foundation
www.bhf.org.uk

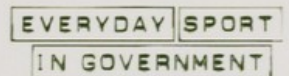
Food Standards Agency
www.eatwell.gov.uk

British Nutrition Foundation
www.nutrition.org.uk

NHS 5 a day
www.5aday.nhs.uk



BHF National Centre
physical activity+health



Promoting activity in the workplace.