

# MAKING A HEALTHY LUNCH

YOU CAN ONLY WORK AS HARD AS YOUR ENERGY LASTS FROM THE NUTRITION AND FOOD YOU PUT INTO YOUR BODY.

EATING LUNCH WILL REFUEL YOUR BODY AFTER A LONG MORNING OF HARD WORK. WHEN YOUR BRAIN IS BUSY, YOUR BODY IS WORKING HARD TO KEEP IT FUELED AND KEEP YOU FOCUSED ON YOUR TASK AT HAND. THE FOOD YOU PUT INTO YOUR BODY CAN SET YOU UP FOR SUCCESS OR FAILURE.

## WHEN PLANNING YOUR LUNCH:

- Pack lots of fresh fruits and vegetables
- Choose whole grain food
- Include protein
- Choose foods with healthy fats
- Limit or exclude highly processed foods
- Choose foods with no added salt, sugar or saturated fat
- Choose water over sugary drinks



**BC Forest Safety**

Safety is good business

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- 1) AIM TO MAKE HALF YOUR PLATE VEGETABLES AND FRUITS. VEGETABLES AND FRUITS SHOULD ALWAYS MAKE UP THE LARGEST PROPORTION OF THE FOODS YOU EAT. THEY ARE AN IMPORTANT PART OF YOUR DAILY DIET AS THEY ARE NATURALLY HIGH IN VITAMINS, MINERALS AND FIBRE THAT CAN HELP TO KEEP YOU HEALTHY.**
- 2) GRAINS ARE ALSO AN IMPORTANT SOURCE OF THE KEY NUTRIENTS YOUR BODY NEEDS. THEY OFFER FIBRE, VITAMIN B<sub>s</sub> (THIAMIN, RIBOFLAVIN, NIACIN AND FOLATE) AND MINERALS (IRON, MAGNESIUM AND SELENIUM). AS PART OF AN OVERALL HEALTHY DIET, DIETARY FIBRE FROM WHOLE GRAINS HELPS REDUCE BLOOD CHOLESTEROL LEVELS AND MAY HELP LOWER THE RISK OF HEART DISEASE.**
- 3) EATING PROTEIN-RICH FOODS MAY HELP YOU FEEL FULLER FOR LONGER WHICH CAN HELP YOU MAINTAIN A HEALTHY WEIGHT OR LOSE WEIGHT IF NECESSARY. PROTEIN IS ALSO ESSENTIAL IN CONTRIBUTING TO MUSCLE GROWTH AND HELPS REPAIR DAMAGED MUSCLES AND TISSUES.**
- 4) CHOOSE FOODS WITH HEALTHY FATS INSTEAD OF SATURATED FATS. GOOD FATS, SUCH AS UNSATURATED FATS AND OMEGA-3s, PLAY A HUGE ROLE IN HELPING YOU MANAGE YOUR MOOD AND STAY MENTALLY SHARP. THEY CAN ALSO HELP YOU FIGHT FATIGUE AND EVEN CONTROL YOUR WEIGHT.**
- 5) TRY TO LIMIT OR EXCLUDE HIGHLY PROCESSED FOODS FROM YOUR DIET. IF YOU CHOOSE THESE FOODS, EAT THEM LESS OFTEN AND IN SMALL AMOUNTS.**
- 6) PREPARE MEALS AND SNACKS THAT HAVE LITTLE-TO-NO ADDED SALT, SUGAR OR SATURATED FAT.**
- 7) CHOOSE WATER AS YOUR DRINK OF CHOICE. DRINKING WATER REGULARLY HELPS KEEP YOUR BODY'S FUEL TOPPED UP AND PREVENTS DEHYDRATION. IT CAN ALSO HELP YOU CONCENTRATE FOR LONGER AND ULTIMATELY WORK BETTER. SUGARY DRINKS OFFER VERY LITTLE, IF ANY, NUTRITIONAL VALUE AND BENEFIT TO YOUR BODY.**

## RESOURCE LINK

[www.ccohs.ca/oshanswers/psychosocial/healthyeating.html](http://www.ccohs.ca/oshanswers/psychosocial/healthyeating.html)

