Health On the Go

Smart Strategies for Active Workers to Live Healthier





What stress management could I add to my day?

1. 2.

What would I adjust around my sleep routine?

1. 2.

What changes with my physical activity are feasible?

1. 2.



Which of the Gentle Nutrition Guidelines could I focus on?

1. 2.

What tweaks could you make to your plate planning?

1. 2.

Does your medication routine need any attention?

1. 2.

To-Dos

Rank the tweaks you'd like to make:

1.
2.
3.

You can try a tweak for two weeks and see how it goes. One tweak at a time, please!

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OVERCOMING U
CULTIVATING EMPLOYEE WELL-BEING

HEALTH ON THE GO

HEALTHIER LIVING FOR ACTIVE WORKERS

Healthy Hints

Plate Planning

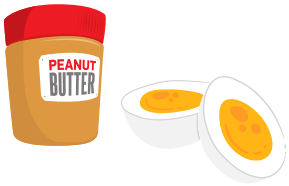
Consider these elements when you are meal planning to create a meal that is nourishing for you.



Carbohydrates

Give us energy and help us feel full and satisfied.

- Include high fiber carbohydrates to your meals like fruit, vegetables, and whole grains.



Protein

Promotes satiety and supports our body's needs.

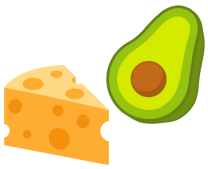
- Protein sources include beans, nut butters, meat, poultry, eggs, nuts, seeds, cheese, and other dairy products.



Volume

Helps us feel full and as adds nutrients.

- Leafy greens, fruits, and vegetables are full of fiber which increases the volume of your meals.



Fat

Creates fullness and pleasure. Stabilizes blood sugar.

- Consider adding nuts, seeds, nut butters, olive oil, avocados, or dairy products to your meals.



Pleasure

Adds to satisfaction factor.

- This looks different for everyone! It may be crunchy granola on your yogurt, creamy sour cream on your soup, or chocolate chips on your peanut butter toast.



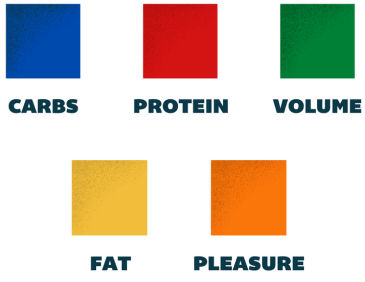
Boosting protein & carb intake



Boosting produce intake with enough protein & carbs



Carb focused with enough protein & produce



Adapted from: Hartley, Rachael. Gentle Nutrition: A Non-Diet Approach to Healthy Eating. Victory Belt Publishing Inc, 2021.

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Healthy Hints

Bento Box Options

Take a combination of snacks on the go to easily create a balanced meal. Choose foods from each of these groups for a meal that is satisfying and full of nutrients.

Protein

- hard boiled egg
- cheese slices
- cottage cheese
- turkey
- nuts
- yogurt

Fruits and vegetables

- baby carrots
- sliced cucumbers
- sliced bell peppers
- apple slices
- grapes
- mandarin orange

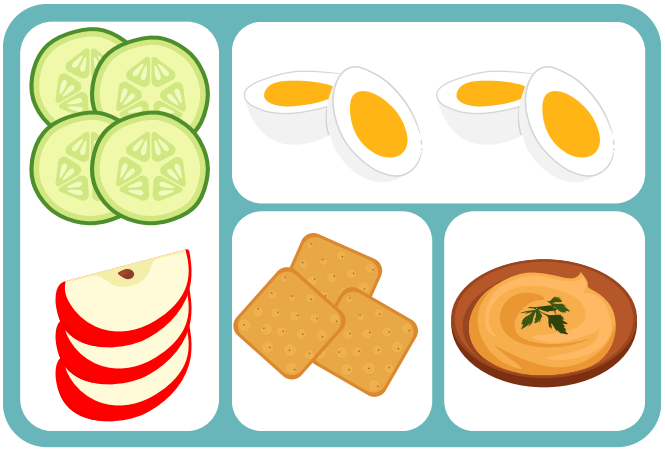
Dips, spreads, and healthy fats

- avocado
- hummus
- nut butter
- ranch
- olive oil and vinegar

Carbohydrate

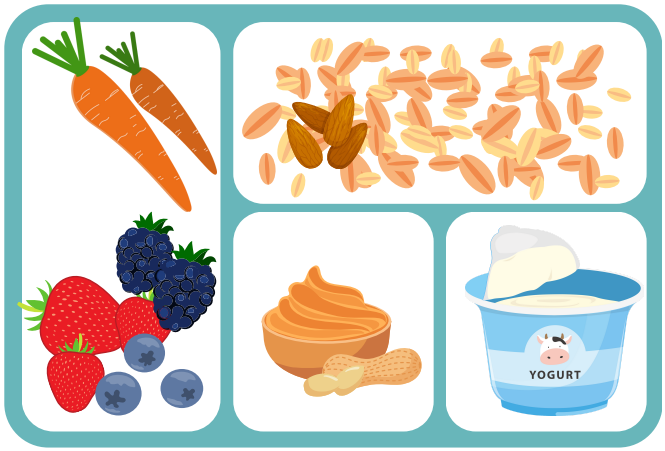
- whole grain crackers
- slice of baguette
- cooked pasta or rice
- granola

Check out the examples below!



Get creative and make combinations that excite you. Play with portions to find what fills you up and gives you energy.

Try adding more protein foods and fruits and vegetables to feel full for longer.



Purchase your own bento box or use containers that you have.

Be sure to include an ice pack to keep your food safe until ready to eat.

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