

Eating and Drinking Well at Work

Keeping healthy at work helps us provide the best care and maintain focus. At this time it is all the more important for staff take care of their own health, as well as that of the patients we are treating. At the heart of keeping healthy there are three key themes;



Have breakfast and try not to skip meals

- Aim for starchy foods that release energy slowly and try to include a source of protein
 - Oats or whole-wheat cereal made with semi-skimmed milk or mixed with yogurt
 - Wholemeal bread with nut spread or eggs or cheese or beans
- Include a portion (or two) of fruit with your breakfast where possible
 - Add fruit to your porridge or cereal
 - Mashed or sliced fruit on toast with peanut butter

Why not try some of our healthy breakfast recipe ideas that you can make in advance and bring to work with you.

Have your '5 A Day'

Fruit and vegetables can be fresh, frozen, canned or juiced.

- Add one or two portions of either fruit or vegetables to each of your three meals as this will help you to reach the goal quicker
- Try juicing your fruit and vegetables if you are on the go.. every 150ml glass of juice you make can be classed as one of your 5 a day
- One 30g portion of dried fruit counts as your 5 a day so you can stock up on some snack bags for when your need a pick me up.
- Try freezing your fruit and vegetables if you are struggling to shop as much. Most freeze really well!

Drink Plenty

It is recommended to have between 6-8 glasses of fluid per day; some tips to increase your fluid intake include:

- The healthiest and cheapest drink is water; tap water is great if you have access to it. For a refreshing boost, you can add slices of lemon, cucumber, mint or berries.
- Other drinks such as unsweetened coffee, tea or iced tea, as well as unsweetened, infused or flavoured (sparkling) water count as good choices for hydration if you wanted something different in flavour.
- Carry your own refillable water bottle with you and challenge yourself to finish it by the end of the day

Dehydration occurs when the body does not have enough water, and is very dangerous. It is easy to see if you are hydrated, all it takes is one look at your urine. The lighter the colour, the more hydrated you are! Lighter is always better...

Although coffees are easily available in the hospital, you should avoid too much caffeine as this can contribute to dehydration and anxiety. It is suggested to limit caffeine to 400mg/day.

Remember: stay active – the healthy hikes around the hospital are a great way to increase your activity and get some fresh air!

Be mindful while you are eating, this way you can make the most of the food you are eating and know when you are full. Try turning off the TV or other devices while you are eating and sitting at a table where possible.

For more information on portion sizes, 5 a day or any other information found on this sheet, please visit the BDA website.

