

# Top Tips

## For Healthy Eating at Work



### **Have a Healthy Breakfast**

Start your day the healthy way! Why not get your team together and have a healthy breakfast once a week? You could decide on what you'd like, e.g. muesli, Greek yoghurt and berries or fresh bagels with low fat cream cheese – and then get the ingredients between you.

### **Have 5 a Day**

Have at least 5 portions of fruit and vegetables every day. Make a smoothie! A great way to get 2 of your 5 a day in one go. Make your smoothie at home and bring it into work in a bottle, ready to drink. There are lots of yummy recipes to try online.

### **Drink Plenty of Water**

Aim for 8-10 glasses of fluid each day. Just add flavour - water is a healthy choice, providing hydration without calories but some people like to have drinks with more flavour. Why not try putting slices of lemon, lime or orange in your water? You could also try options such as mint, lemongrass or ginger.

### **Get Active**

Be active for at least 150 minutes a week. Sit less and stand more! Try walking over to talk to colleagues instead of emailing. Enjoy the break and take the opportunity to take in a different environment.

### **Try Something New**

Try a new food or drink every week! 'New Food Friday' could introduce you to new foods that you might not normally try. Bring a dish to share in the staffroom and take time to enjoy your food with your colleagues, and try something new.