



Workplace Wellness

from the INsideOut



FACULTY OF KINESIOLOGY | UNIVERSITY OF CALGARY

Top 10 Nutritional Practices

- (1) Breakfast is a must: a mixture of complex carbs (whole grain cereal or bread) , a source of protein and fat (milk, yogurt, eggs, nut butter) and a piece of fruit - is a great way to balance this important meal.
- (2) Snacking is good: Follow the four hour rule by balancing the day with snacks and meals that are no longer than 4 hours apart. This will help you to maintain your blood sugar and keep you sharp.
- (3) Balance your foods in each meal or snack: Use the 2-3 and 3-4 rule, by balancing your meals with at least 2 food groups at a snack or 3 food groups at a meal. This helps increase the length of time that your fuel will last AND helps to balance the vitamins and minerals throughout the day.
- (4) Front-end load your day: a decent breakfast, mid-morning snack, lunch and mid-afternoon snack will help you to fuel the body when it needs calories the most, and also helps you to avoid overeating at the evening meal and into the evening.
- (5) Drink and “pee” merry: Consuming 2-3 litres of fluid per day is recommended, with approximately 2 litres coming in the form of water.
- (6) Fish: 1-2 servings per week
- (7) Non-Meat Protein: 1-2 servings per week (beans, legumes, soy/tofu). By eating vegetarian just one meal per week you are benefiting the environment and including some valuable fibre in your diet.
- (8) Fibre: 25-30g/day (by choosing whole grain cereals and bread, brown rice, beans, vegetables and fruits)
- (9) Lose the Fluff: limit processed foods, junk food, alcohol and sweet treats.
- (10) Plan your week: then plan your shopping. Meal planning reduces waste, negates the last minute emergency stop at the drive through, and allows you to plan for a variety of nutritional sources.