

# Eating Healthy in the Workplace

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**According to *Healthy People 2010*<sup>1</sup>, about 75 percent of Americans do not eat enough fruit, more than half do not eat enough vegetables, and 64 percent consume too much saturated fat.**

Offering healthy food choices at the workplace is another way employers can promote better health with their employees. Research suggests that making small changes to the worksite food environment has a positive impact on the health of employees. Any business, large or small, can take simple steps to promote healthy eating in the workplace. When employees eat healthier during the workday, they are more productive and healthier overall.

If your company provides a cafeteria in the workplace, consider offering a salad bar with fruits and vegetables, baked chicken and fish, a variety of vegetarian options, low-fat products such as skim milk and yogurt, and rice or baked potato in place of french fries and chips. These are just a few of the many healthy food options available.

Promoting healthy eating in the workplace is easy. The following are steps you can take to move your company toward a healthier eating environment:

- Develop a healthy option policy with your cafeteria vendor
- Lower prices of healthy options to encourage employees to select them first
- Post nutritional information in the cafeteria
- Label healthy food choices (ex: *Healthy and Fit*)
- Provide educational information on nutrition and healthy eating
- Offer healthy snacks during meetings
- Include healthy selections in your vending machines
- Provide healthy recipes for packed lunches



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<sup>1</sup>Department of Health and Human Services. *Healthy People 2010*, 2<sup>nd</sup> ed. 2 vols.

## Consider adding the healthy alternatives below to your workplace cafeteria.

Healthy Breakfast Alternatives	Instead of
Egg whites	Eggs
Vegetarian egg-white omelet	Egg omelet with bacon or sausage
Whole wheat, multi-grain, or rye bread/wraps	White bread
Fresh fruit	Canned fruit
Fat-free or one percent milk	Whole or two percent milk
Low-fat cream cheese	Regular cream cheese
Unsweetened cereal	Sweetened cereal

Healthy Lunch Alternatives	Instead of
Broth-based soup	Cream-based soup
Whole wheat, multi-grain, or rye bread/wraps	White bread
Lite mayonnaise, mustard, hummus, avocado	Regular versions
Low-fat cheese	Regular cheese
Grilled or baked	Fried

### Sandwich/Wrap Fixings

Lettuce, tomato, sprouts, onions, lean turkey, ham, chicken breast, turkey bacon, egg/chicken/tuna salad with lite mayonnaise, roast beef, marinated tofu, peanut butter and jelly, veggie burgers, low-fat cheese, portobella mushroom

### Pasta and Rice Bar

Whole wheat pasta, couscous, brown rice, steamed fresh vegetables, Parmesan cheese, lite dressing, soy sauce, garlic, ginger, curry powder, turmeric and mango chutney, oregano, basil, tomato sauce, chili powder, cumin, stewed tomatoes

### Baked Potato Bar

Black beans, salsa, steamed vegetables, low-fat cheese, fat-free or low-fat cottage cheese, fat-free or low-fat vegetarian chili

### Salad Bar

Mixed greens, tomatoes, cucumbers, carrots, onions, mushrooms, bell peppers, hardboiled eggs, chick peas, sprouts, low-fat cheese, beans, raisins, sunflower seeds, diced turkey, ham, chicken, tuna, lite or low-fat salad dressings



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