

# MAKING HEALTHY FOOD CHOICES AT WORK

This guide to making healthy choices at work provides information directly sourced from Canada's Food Guide available online at: [Canada.ca/foodguide](http://Canada.ca/foodguide)



Healthy eating is fundamental to good health and is a key element in healthy human development, from the prenatal and early childhood years to later life stages. Healthy eating is equally important in reducing the risk of many chronic diseases\*.

While World Exchange Plaza undergoes its refurbishment of the retail concourse, the following is a list of food retailers within a 400km radius of the property that provide several healthy menu options.

<b>Café Deluxe</b>	Restaurant offering fresh salads, fresh and cooked vegetables, grilled meats and fish, whole grains and vegetarian options.	77 Metcalfe Street, Ottawa K1P 5L6
<b>Le Moulin de Provence</b>	French bistro offering fresh salads, fresh and cooked vegetables, grilled meats and fish, whole grains and vegetarian options.	30 Metcalfe Street, Ottawa K1P 5L4
<b>Shakey's Homestyle Cuisine &amp; Deli</b>	Classic deli inspired menu featuring fresh salads, fresh fruits, fresh and cooked vegetables, eggs, grilled chicken and whole grains.	130 Albert Street, Ottawa K1P 5G4

\* Source: Health Canada - 2021

# MAKING HEALTHY FOOD CHOICES AT WORK



You make many choices about what you eat and drink every day at work. Most people will eat a meal and have multiple snacks and drinks throughout their workday. This gives you many chances to make healthy food choices. Making healthy choices can be difficult since many foods and drinks are sold or available in the workplace. These options can influence your eating habits in both positive and negative ways.

You can use these ideas to make healthy choices while at work:

## PLAN AHEAD

Include your meals and snacks for work in your meal plan. Knowing what you're going to eat at work and preparing some of the items in advance is helpful. It can save you time and keep you organized, even on busy days.

## KEEP HEALTHY ITEMS AVAILABLE

The foods you have available are the foods you are most likely to eat. Even if you plan ahead, you may forget to pack something to eat or not pack enough some days. Keep a small amount of healthy foods available at work such as (see side list of suggested items).

It can also be helpful not to keep [highly processed foods](#) or sugary drinks at work.

## GET CREATIVE

You may not have a fridge or space to prepare a meal at work, which can limit your meal options. Bring a small cooler bag or ice pack with you instead to keep fresh foods cold.

## THINK ABOUT YOUR DRINK

Having a specialty coffee or tea to start your shift or during your break can be a nice treat. However, many specialty drinks contain high amounts of sodium, sugars or saturated fat. Instead of these drinks, try:

## CHOOSE HEALTHIER MENU OPTIONS

If you eat at your work cafeteria, remember to follow the healthy eating recommendation to help you [make a healthy choice when eating out](#). Many people think of eating out as a treat. However, if you do it often enough it's important to think about how it fits into your [eating pattern](#).

## TAKE TIME TO EAT

If possible, eat your meal away from your desk or place of work. This can help ensure you take the time to eat and are able to focus on your meal. Ask a co-worker to join you and eat together to make it more enjoyable.

## BE MINDFUL OF YOUR SCHEDULE

Shift work often means you work at different hours of the day or overnight. This can impact your eating and sleeping patterns, especially if your shift schedule changes from week to week. As a result, you may find it difficult to make healthy food choices. Think about your work schedule and plan when you can have regular meals and snacks throughout the day.

### HELPFUL TO HAVE AVAILABLE:

- ✓ rolled oats
- ✓ canned soup
- ✓ whole grain crackers
- ✓ canned fish (tuna/salmon)
- ✓ nut butters (peanut /almond)
- ✓ fruit with a long shelf life (apple)
- ✓ nuts and seeds, such as almonds and cashews
- ✓ a cloth napkin
- ✓ reusable cutlery
- ✓ a small container of reusable dishes

### HEALTHY DRINK OPTIONS:

- ✓ water flavoured with fruit or fresh herbs
- ✓ plain coffee w/sprinkle cinnamon
- ✓ unsweetened teas (hot or iced)



# HOW TO CHOOSE HEALTHIER MENU OPTIONS



TRY THESE IDEAS TO ENJOY DELICIOUS MEALS AND SNACKS WHILE KEEPING HEALTHY EATING IN MIND. NO MATTER WHAT KIND OF RESTAURANT YOU CHOOSE, SOME CHOICES ARE HEALTHIER THAN OTHERS.

- 1 Find out how items are prepared and if the nutrition information is available. You can often find this information:
  - by asking
  - directly on the menu
  - on posters or pamphlets
  - online on the restaurant's website
- 2 Choose foods cooked in healthier ways such as:
  - baked
  - grilled
  - broiled
  - poached
- 3 Ask for sauce and dressing "on the side" so you can control the amount. The sauces and dressings served are often highly processed. Only use a small amount.
- 4 Enjoy a colourful meal. Try:
  - squash dishes
  - a variety of colourful vegetables on rice
  - salads with dark leafy greens like spinach
- 5 Choose whole grain options such as:
  - rice
  - pasta
  - bread
- 6 Limit cakes, cookies and rich desserts. If you do eat them, get a smaller size or share with someone.
- 7 Drink smart. Choose **water** instead of sugary drinks and alcoholic drinks. Order the small or regular sized coffee, cappuccino or iced latte. Ask for your drink to be made with lower fat white milk or unsweetened fortified soy beverage instead of higher fat options. Skip the whipped cream topping.
- 8 Try these swaps to make your choices healthier:
  - Order tomato sauces instead of alfredo or cheese sauces.
  - Choose stir-fry vegetables with garlic instead of stir-fry vegetables in oyster sauce.
  - Choose dark mixed green salads with vegetables/fruits instead of salads like: taco, pasta, potato, Caesar
- 9 Order the small or regular sized coffee, cappuccino or iced latte. Ask for your drink to be made with lower fat white milk or unsweetened fortified soy beverage instead of higher fat options. Skip the whipped cream topping.

## QUESTIONS & SUGGESTIONS

We would love to hear from you! Please contact us with your suggestions for ways we can help our tenants and visitors make healthy food and beverage choices, including catering and food retail choices at World Exchange Plaza.

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