



Wellness Webinar

Advisory 21.

15/03/2021

1



Healthy Eating Tips



2



Cook at Home



Socialise



3



Eat Regularly

- Every 3 to 4 hours
- Improves metabolism
- Stabilizes weight
- Functional body clock

4



Planning Healthy Snacks

- Meal prepping
- Grab and go
- Nutritious
- For all the family

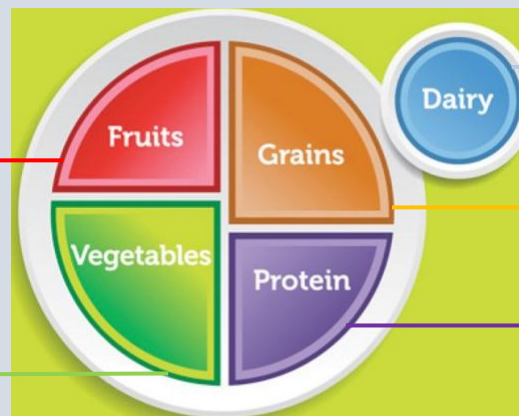


5

Healthy Eating Plate

Eat plenty of fruits of all colours

The more veggies and the greater the variety, the better. Potatoes and French fries don't count



Drink water, tea or coffee. Limit milk or dairy to 1 to 2 servings per day. Avoid sugary drinks

Eat a variety of wholegrains like:

- Whole-wheat bread
- Whole-grain pasta

Choose fish, poultry, beans and nuts



6



Food is Fun

80% is eating well and 20% is when life happens- **and it's OK!**



7

Five basics of Optimal Nutrition

- Eating schedule
- Key nutrients
- Food selection
- Portion sizes
- Hydration



8

Tips for success



- Set a realistic goal
- Find professional help
- Recruit a team
- Track progress
- Celebrate small or big victories



9

Work from home



10



- Prep healthy quick snacks during the weekend
- Clear desk after every working day
- Add greens to your office space
- Take your break outside your office
- Nothing non-work related in the office
- Water availability
- Catch up with your team daily
- Switch off to enjoy quality family time



11

Top 5 Tips

For Working From Home



Setting Up a Home Office



12

Thank you for your participation!



13

www.eatandfuel.com
Mob: 79882106
Email: info@eatandfuel.com



14