

Did You Know...

Nutrition's Role in Preventing Workplace Injuries

Nutrition aids in preventing injuries in the workplace. A healthy diet is essential for:

- Staying alert during long workdays
- Good decision-making abilities
- Keeping stress levels low
- Managing your weight and blood sugar levels

There are specific nutrients that can help you stay alert, aware, and awake.

1. **Include at least 25g of protein in each meal and some protein with every snack.** Some meals with 25g of protein or higher include: a breakfast skillet scramble, a turkey burger (for lunch), and baked chicken breast (for dinner). Snacks could include things like trail mix, low sugar beef jerky, Greek yogurt, roasted chickpeas.
2. **When preparing dinner, make double the amount and pack the remaining for lunch the next day.** Meal prepping is very beneficial to your health. It saves you from buying food and worrying about what you're going to eat.
3. **Invest in quality food containers and bring prepared meals from home.** Having good quality containers aids in your health because they keep your food fresh and don't contain certain hazardous chemicals such as BPA.
4. **Swap energy drinks for antioxidant powerhouses.** Substituting Red Bull's, Monster's, and Reign's for drinks with chlorella, spirulina, green tea and kombucha will be beneficial to your health.
5. **High calorie/ high fat meals slow you down.** Fast food meals will have a great effect in slowing down if you don't take care of yourself.
6. **B vitamins can improve cognitive performance and mood.** Foods such as dark leafy greens, whole grains, and B complex supplements are proven to increase your overall mood and health.

SAFETY & HEALTH WEEK 2023

A HEALTHY DIET IS PPE FOR YOUR INSIDES.



At Black & McDonald, Nobody Gets Hurt, Today or Tomorrow!