

Healthy Eating and Hydration

Healthy Eating

Healthy eating is essential for maintaining overall well-being and preventing chronic diseases. It involves consuming a balanced diet that provides the body with the nutrients it needs to function optimally. Here's a comprehensive guide to healthy eating:

Balanced diet

A balanced diet includes a variety of foods from all the major food groups: fruits, vegetables, grains, protein, and dairy (or alternatives). This ensures you get a wide range of nutrients.

Fruits and Vegetables

Fruits and vegetables are rich in vitamins, minerals, and fibre. Aim to fill half your plate with fruits and vegetables of different colours, as each colour represents different nutrients.

Benefits: Improved digestion, reduced risk of chronic diseases, and better immune function

Whole Grains

Whole grains like brown rice, oats, quinoa, and whole wheat provide fiber, B vitamins, and important minerals.

Benefits: Supports digestion, helps maintain a healthy weight, and reduces the risk of heart disease.

Lean Proteins

Incorporate lean proteins such as chicken, fish, beans, lentils, tofu, and eggs into your diet. These provide essential amino acids necessary for muscle repair and overall health.

Benefits: Supports muscle health, immune function, and hormone production.

Healthy Fats

Choose sources of healthy fats like avocados, nuts, seeds, olive oil, and fatty fish (like salmon). These fats are important for brain health, hormone production, and reducing inflammation.

Benefits: Supports heart health, brain function, and helps with the absorption of fat-soluble vitamins (A, D, E & K).

Portion Control

Eating in moderation and being mindful of portion sizes helps maintain a healthy weight and prevents overeating.

Tips: Use smaller plates, avoid eating directly from packages, and listen to your body's hunger and fullness cues.

Limit Salt & Sugar intake

Excessive sugar intake can lead to weight gain, diabetes, and heart disease, while too much salt can increase blood pressure and risk of heart disease.

Tips: Read food labels, reduce consumption of sugary drinks and snacks, and use herbs and spices for flavouring instead of salt.

Plan and Prepare meals

Planning meals and snacks in advance can help you make healthier choices, avoid last-minute junk food, and save time and money.

Tips: Prepare meals at home, pack lunches, and keep healthy snacks on hand.





Limited Processed foods

Processed foods are often high in unhealthy fats, sugars, and sodium, and low in nutrients. Opt for whole, unprocessed foods as much as possible.

Examples: Instead of chips, choose nuts; instead of sugary cereals, choose oatmeal or whole grain options.

Seasonal Eating

Healthy eating during colder and winter months not only provides nutrition but also keeps your body warm and energised. Try to eat high energy foods such as stews or broths packed with root vegetables and lean proteins.

Healthy eating is about making informed choices that nourish your body and support your overall health. By focusing on a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats, and being mindful of portions and food quality, you can maintain optimal health, prevent chronic diseases, and enjoy a higher quality of life.

Hydration

Hydration is crucial for maintaining overall health and well-being. Water is essential for nearly every function in the body, and staying properly hydrated ensures that these processes run smoothly. Here are some key reasons why hydration is important.

Regulates Body Temperature

Water helps the body maintain a stable temperature, especially during exercise or in hot environments. Sweating, the body's natural cooling mechanism, relies on adequate hydration.

Supports Physical Performance

Dehydration can lead to fatigue, reduced endurance, and decreased strength. Even mild dehydration can impair physical performance, making it important for employees to stay hydrated at work.

Promotes Cardiovascular Health

Adequate hydration supports heart function by helping to maintain proper blood volume, which is essential for delivering oxygen and nutrients to tissues and organs.

Cognitive Function

Hydration plays a key role in maintaining cognitive functions such as concentration, memory, and alertness. Dehydration can lead to difficulties in focus, mood changes, and slower cognitive processing.

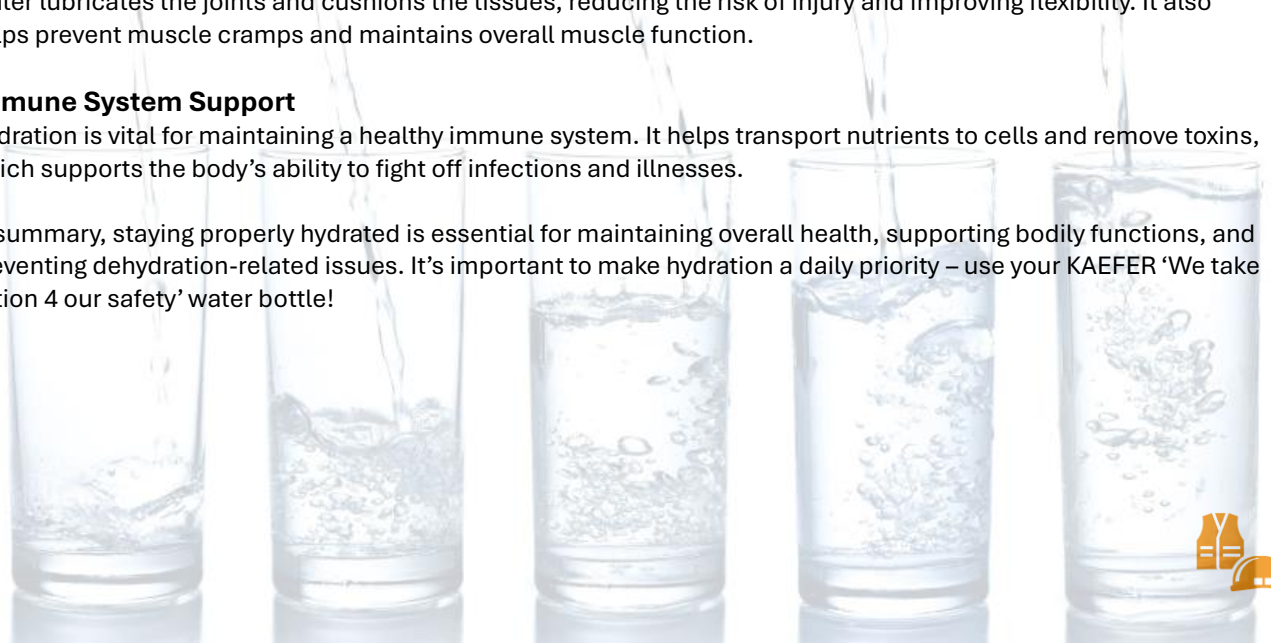
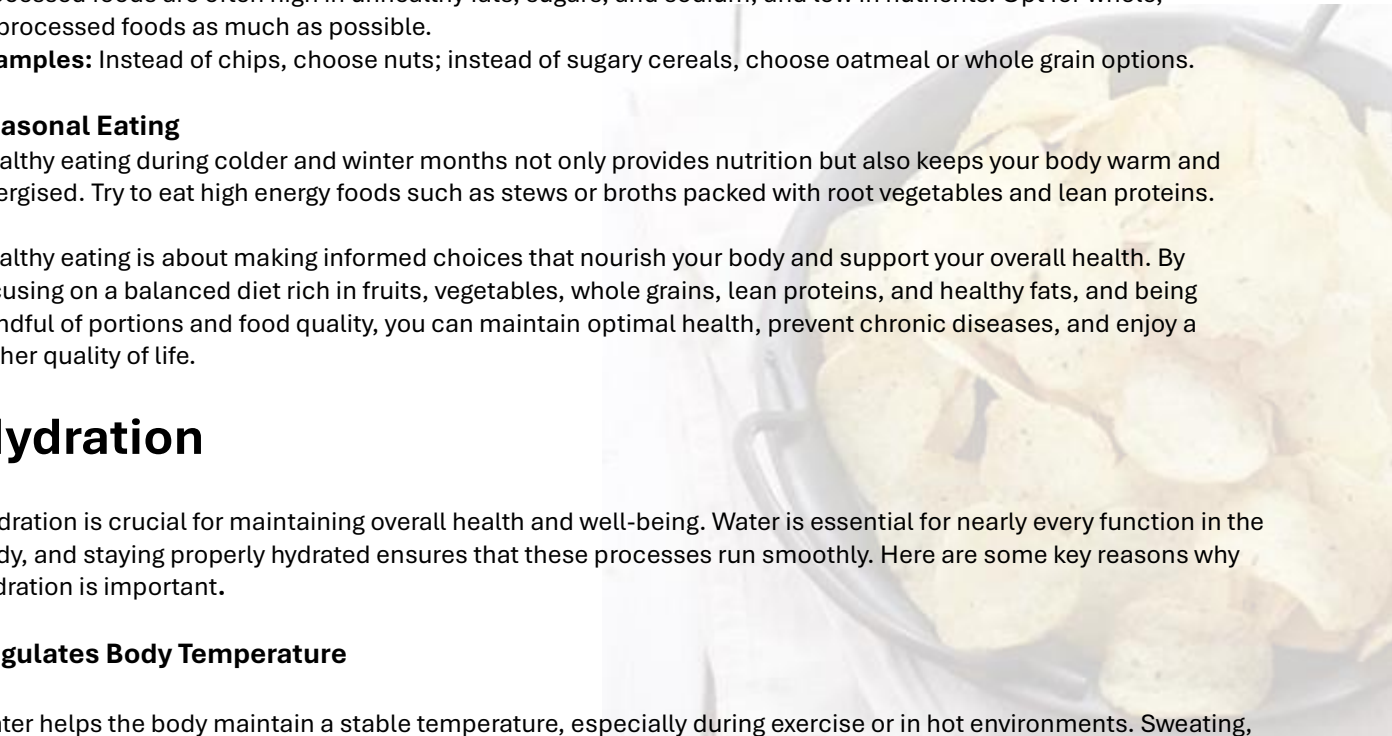
Joint and Muscle Function

Water lubricates the joints and cushions the tissues, reducing the risk of injury and improving flexibility. It also helps prevent muscle cramps and maintains overall muscle function.

Immune System Support

Hydration is vital for maintaining a healthy immune system. It helps transport nutrients to cells and remove toxins, which supports the body's ability to fight off infections and illnesses.

In summary, staying properly hydrated is essential for maintaining overall health, supporting bodily functions, and preventing dehydration-related issues. It's important to make hydration a daily priority – use your KAEFER 'We take action 4 our safety' water bottle!





During Safety week, on 26th September we would like employees to attend our Health and Well-being webinars. Please follow the below QR links which will direct you to the live webinar.

10.00am - How to up your hydration

Join Ellie Hickman, Nutritional Therapist at our partners, HCML, as she shares the importance of staying hydrated and some tips and tricks to do this, as well as promoting ‘swapping not dropping’ fizzy drinks, caffeine, and alcohol – so you can still enjoy the social events with a refreshing (and cheaper!) alternative to your usual tipple.



13.00pm - How to master your energy

Do you ever feel as though you are running on empty, or reaching for caffeine and sugar just to make it through the day? Are you craving that extra boost in energy? Many of us struggle with insufficient energy levels and we wish we knew how to enhance our energy over the long term. Join Ellie Hickman, Nutritional Therapist at our partners, HCML as we explore the concept of energy, how food fuels our bodies, and uncover effective strategies to reduce sugar and caffeine cravings for sustained energy throughout the day.



Please note if you cannot attend these times, both webinars shall be recorded and placed directly on the Safety Week access page.



Remember KAEFER have an employee assistance Program which is available to all KAEFER UK & Ireland colleagues and their dependants (Spouses, Partners, and children in full time education up to the age of 23)

Health Hero and their team of experts provide free, confidential, and impartial advice, as well as information and even onward referral.

 **UK: 0800 358 48 58**
Ireland & Outside UK: 0141 271 71 79

For online support, join vClub at validium.com
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