EAT HEALTHY While Working From Home

Has working from home changed your eating habits? Do you snack more often? Are you having your meals at irregular hours?

Here are tips for you to start eating healthy while working from home.

TRICK YOUR BRAIN INTO EATING HEALTHY

Establish a meal schedule with your family. Create a change of scenery as a trigger for your meal time e.g. lay out a table cloth

Work as far away from the kitchen as possible to avoid snacking temptation

Keep a food journal to remind yourself of what you have eaten and identify any connection between your eating habits and your mood

CREATE HEALTHY SNACKING HABITS

Decide what snack to have, where you want to be when you have it. Integrate snacking in your daily routine

Go for healthier snack choices such as fruits, nuts and chopped veggies. Avoid stocking up on “junk food”

Almonds are shown to increase weight loss by 62% compared to complex carbs.

Eat enough protein. High protein intake can boost metabolism while making you feel full, thus reducing cravings and desire to snack

The louder chips crunch, the better they taste. Snack on foods that have audible crunch e.g. chopped vegetables

Chocolate alternatives
- Cocoa powder
- Cacao nibs
- Dark chocolate (>70% cacao)
- Carob – high in calcium & fiber, low in sodium & fat

HEALTH OVER DIET

Instead of dieting, focus on healthy eating habits, the quality and quantity of your food

Dieting is one of the strongest predictors for future weight gain. As you transition to whole, nutritious food, weight loss will follow.

Integrate balanced nutrition in your cooking. Instead of stockpiling, go for alternative protein-rich and fiber-rich ingredients e.g. lentils, quinoa and anchovies

Boost your immune system with the right food choices and increased water intake

TO EAT

Dried fruits, nuts & seeds
Unsalted & unsweetened

Whole grains
Wholegrain rice & pasta, oats, buckwheat, quinoa

Starchy roots
Baked, boiled or steamed. Leave skins on for extra fiber and flavour

Dried and canned pulses
Beans, chickpeas, lentils & other pulses are great sources of veggie protein, fiber and vitamin

Fruits & vegetables

TO REDUCE or AVOID

Alcohol
Alcohol lowers your Cytokine production and impacts your body’s ability to fight off infection

Sugar & starch
Sugar and starch worsen your immune function

Protein deficiency
Protein is one of the key factors to prevent infections

Contact our Medical Experts and/or Business Development Managers for guidance on how to introduce these tips to your workforce.

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