



# A better vision of nutrition - how to *promote healthier eating*



We now know of the powerful link between nutrition and mental health, and how the food we eat directly affects brain function and mood.

High-quality foods with vitamins, minerals, and antioxidants nourish the brain, while unhealthy foods can have the opposite effect.

So, it's worth taking the time to make sure your staff are equipped with the knowledge and resources to make sure they're operating at their best.

## Tips for promoting healthier eating:

**Providing healthy options** – if you provide food for your employees, introduce a policy to ensure there are always healthy food and drink options.

**Making better eating, easier** – offer your staff access to safe and clean food storage and preparation facilities, like a fridge, freezer, microwave, kettle.

**Reducing unhealthy options** – at regular morning teas, meetings or events, include alternatives for (or replace entirely) food and drinks high in added sugars, salt, and saturated fat.

**Education** – you can hold nutrition classes and seminars to help your employees better understand the importance of good nutrition and get tips on how to improve their diet.

**Professional advice** – your workplace employee assistance programs (EAPs) are extremely helpful with goal setting and behaviour change.

**Creating regular group exercise sessions** – movement is the other important factor in being healthy. And in conjunction with a good diet, regular exercise makes a significant difference to physical and mental health.

**Posters and promotion** – you can use signage and other internal comms messaging to encourage healthier eating, promote the benefits and offer tips.

**On-site demonstrations** – invite a chef or health professional to run onsite seminars or cooking demonstrations on making healthy food, including recipes and meal preparation.



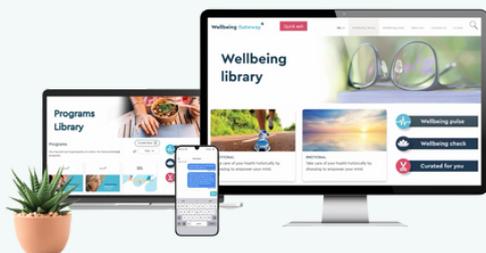
### Boosting moods and productivity

Eating healthy food helps us get through each day with more energy and helps contribute to better general health and wellbeing, including mental wellbeing. Taking a healthier approach to nutrition (and general health) makes for a happier, and more productive, workforce.

## Something on your mind?

If you require counselling, coaching or support, our clinicians are here to help. Call, chat or request an appointment online.

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