

STAYWELL

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Brian Coles, Health Analyst

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One main obstacle that impacts a person's health, is nutrition. Calories, balance, nutrition quality, and variety are all important to health. Overindulgence, as well as avoidance of certain food types and colors, can lead to health problems. Each color of food has different health benefits.



We live in a fast pace world where we want everything fast and easy. Society has come to rely on high calorie, unhealthy processed foods. Based on the IPSC Health Risk Assessment (HRA)

results in 2014, IPSC sent a memo encouraging employees and supervisors to improve his/her food choices at work meetings. According to the HRA report, nutrition has always been and continues to be the greatest challenge for employee's health risk.

It is enjoyable to eat sweets and high calorie foods. The struggle is finding healthier foods to choose from. An individual may want to bring healthier snacks to eat for crew meetings but he/she may struggle with what a healthier snack would be. Below is a list of food and snack ideas that are lower in calories, and offer a variety of foods instead of donuts, cakes, cinnamon rolls, and other high fat, high calorie options that are convenient.



IPSC Healthy Meeting Food and Snack Ideas for Crew meetings

Two points to consider:

1. Hold safety meetings in the morning before or after lunch break so a healthy snack or lunch can be provided at the meeting.
2. Keep portion sizes at a healthy level to reduce the calories and over eating.

Snacks

- ✓ Baked or low-fat chips, and homemade salsa
- ✓ Homemade bread with honey or jam
- ✓ Fruit pizza (heavy on the fruit)
- ✓ Homemade muffins - verses store bought
- ✓ Vegetable tray
- ✓ Fruit tray
- ✓ Jerky
- ✓ Cheese tray and mixed nuts
- ✓ Cheese and whole grain crackers
- ✓ Jell-O salad with fruit
- ✓ Breakfast burritos
- ✓ Fruit or vegetable kabobs (raw or cooked)
- ✓ Smoothies (fresh or frozen)
- ✓ Granola bars - low fat (5 grams of fat or less/bar)
- ✓ Low-fat frozen yogurt
- ✓ Pretzels or hot pretzels, cut in pieces, with mustard
- ✓ Lightly seasoned popcorn
- ✓ Graham crackers, Fig Newton's
- ✓ Homemade sweet rolls - using whole grain and use honey verses sugar, use lemon juice or lemon and orange zest for sweet flavor
- ✓ Dried fruits

- ✓ Trail mix
- ✓ Bagels with low-fat cream cheese or jams (cut bagels in halves or quarters)
- ✓ Boiled eggs
- ✓ Fruit chews
- ✓ Use sugar-free apple sauce as a sweetener instead of sugar
- ✓ Yogurt parfait

Breakfast

- ✓ Fresh fruit (cut up, with low-fat yogurt dip).
- ✓ High-fiber cereals such as bran flakes, low-fat granola or oatmeal.
- ✓ Fruit toppings for hot and cold cereals, (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, or peaches).
- ✓ Hard boiled eggs.
- ✓ Vegetable omelets.
- ✓ Eggs made with egg substitute or without yolks.
- ✓ Thinly sliced ham.

Lunch and Dinner

- ✓ Salad with a variety of mixed salad greens, spinach, beans and peas. Grilled lean meat and low-fat cheeses. Serve with low-fat dressing.
- ✓ Whole grain breads and rolls.
- ✓ Sandwich platters with whole grain breads (cut sandwiches in half so people can take smaller portions). Offer mustard and low-fat mayonnaise as condiments for sandwiches, or cranberry sauce if you're offering turkey.
- ✓ Broth-based soups (using a vegetarian broth), or soups using evaporated skim milk instead of cream.
- ✓ Pasta dishes (lasagna, pizza) with low-fat cheeses (part skim mozzarella, part skim ricotta) and extra vegetables or pasta with tomato or other vegetable-based sauces.
- ✓ 4-ounce maximum portions of meat and plenty of low-fat, low-calorie side dishes.
- ✓ Raw vegetables or pretzels instead of potato chips or French fries.
- ✓ Vegetables, steamed, fresh, or cooked without butter or cream sauces.

- ✓ Raw vegetable salads marinated in fat-free or low-fat Italian dressing.
- ✓ Meat servings limited to a 4-ounce portion (fresh seafood, skinless poultry, lean beef, eye of round or London broil).
- ✓ Whole grain breads or rolls.
- ✓ Baked potatoes with vegetable toppings.
- ✓ Pasta and vegetable salads with fat-free or low-fat dressing.
- ✓ Desserts: (frozen yogurt or sorbet, small cookies, small individually wrapped chocolates, or fruit crisp).

