

Avoiding Nutrition Sabotage in the Workplace

You begin your day with the affirmation, “today I will eat nothing but healthy food!” You open the door to the conference room for your 8 am staff meeting and there it is, the wonderful smelling cinnamon sour cream bundt cake. How can you refuse it along with another cup of cream-laden coffee?

At noon you are invited to the break-room to help celebrate a co-worker’s birthday, this time a home-made double chocolate torte...just a small piece along with the healthy salad you brought for lunch. Late afternoon rolls around and you are feeling a bit tired. Maybe you’re dehydrated so you head to the break-room for a glass of water. Someone has brought in their left-over Easter candy so you splurge on a handful of jelly beans. Yum! When tallied, a whopping 850 calories have been added to your day.

Work can be the biggest temptation zone you face daily. You may begin with good intentions but your eating triggers could be stimulated by the sight, smell and social aspects of food in the workplace.

Many worksites are beginning to set healthy work-site food policies in order to support [healthy work environments](#). These policies focus on offering healthier options such as fresh fruits and veggies, water, sugar-free beverages and low calorie and fat options at all meetings and functions within the workplace



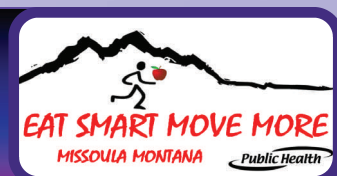
Healthy eating can have an impact on employees’ health. Many employers across the US realize that the provision of a healthy food environment contributes to better health employee health. They are enacting [healthy food policies](#) that might look like this:



- Caterers used for functions must be able to provide a variety of healthy food choices*
- Healthy food choices will be available at all functions held on the premises*
- Fresh fruit will be available at any function*
- Water will be available at any function*
- Vending machines will provide choices that meet [US Dietary Standards](#)*
- Healthy food choices will be promoted in the workplace*
- Healthy food choices will be displayed more prominently than other foods*

If at the end of the day, you want to leave having achieved your goal of eating foods that contribute to your health, consider proposing a healthy work-site food policy. In the meantime, model delicious, healthy options brought to work-site functions and you may have many grateful co-workers.

Eat Smart Program-Missoula City-County Health Department
 Questions or comments? Contact Rebecca Morley, MA
 (406)258-3827 www.co.missoula.mt.us/HealthServices/EatSmart
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