

HEALTH CAN BE FUN

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— Nutrition & Health

# Optimal Health through Nutritional choices

Colour your life with food



HEALTH CAN BE FUN

# Learning Agenda

- **Understanding your Health Status**
- **Caloric Intake vs Energy Expenditure**
- **Fundamentals of Nutrition**
- **Foods to Include & Avoid**
- **Lifestyle Tips**

# Body Mass Index

$$\text{BMI} = \frac{\text{WEIGHT (KG)}}{\text{HEIGHT (METRE)} \times \text{HEIGHT (METRE)}}$$

18.5 - 22.9  
LOW  
RISK

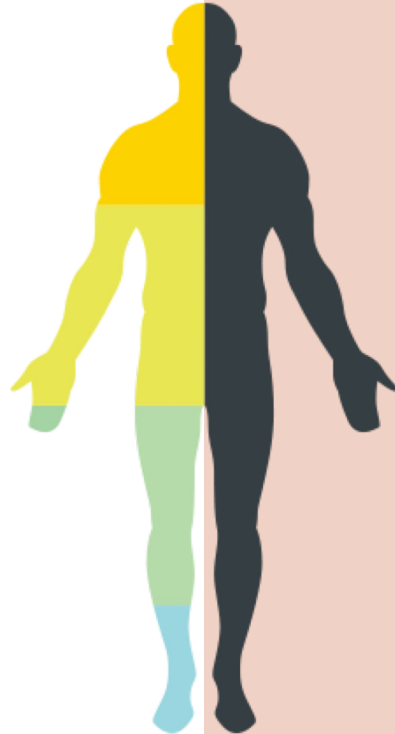
23 - 27.5  
MODERATE  
RISK

> 27.5  
HIGH  
RISK

# Body Composition

A healthy body composition is

- Lower in % body fat
- Higher in % non-fat mass (muscles, bones, organs)



**SEE  
WHAT  
YOU  
ARE  
MADE  
OF**

**Protein**

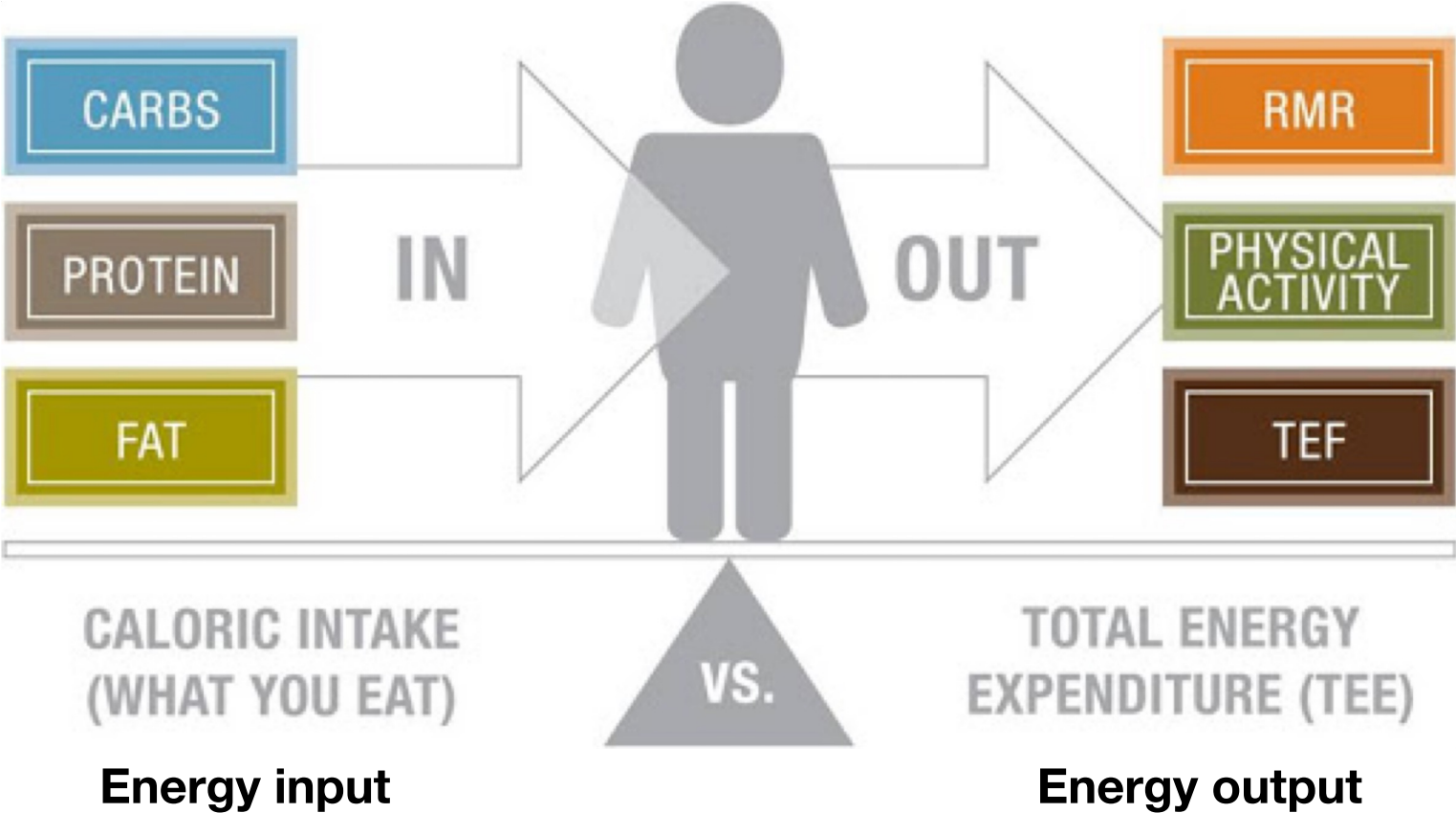
**Minerals**

**Body fat mass**

**Total body water**



—Nutrition & Health



# Fundamentals of Calories

**4 kcal/g**



**Carbohydrates**

**4 kcal/g**



**Protein**

**9 kcal/g**



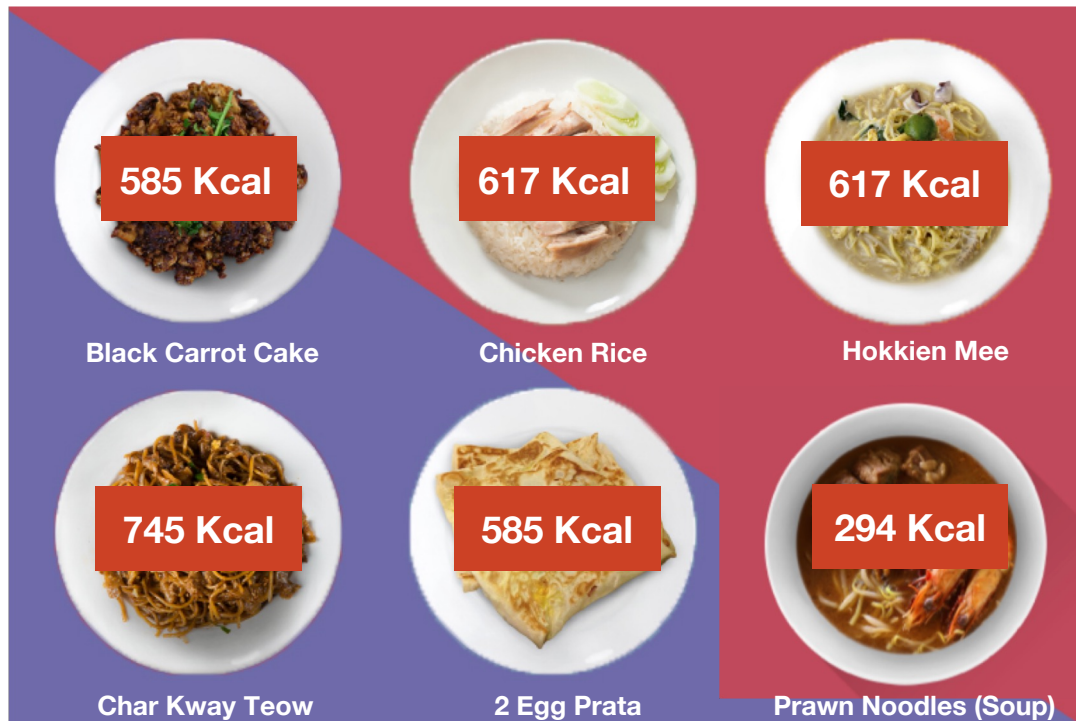
**Fat**

**7 kcal/g**



**Alcohol**

# Guess the Calories!



# Counting Calories

## Dont's

- Deep fried
- White chocolate
- Large portions

## Dos

- Vegetables
- Essential nutrients
- Small portions

### EMPTY CALORIES VS

### WHOLE FOODS



Protein - 0

Dietary fats - 0

Carbs (sugar) - 99g

Vitamin B1 - 0	Iron - 0
Vitamin B2 - 0	Magnesium - 0
Vitamin B3 - 0	Phosphorus - 0
Vitamin B5 - 0	Potassium - 0
Vitamin B6 - 0	Sodium - 6%
Vitamin B9 - 0	Zinc - 0
Vitamin E - 0	Copper - 0
Vitamin K - 0	Manganese - 0
	Selenium - 0

per 100g serving



Protein - 16g

Dietary fats - 41g

Carbs (low GI) - 31g

Vitamin B1 - 36%	Iron - 37%
Vitamin B2 - 9%	Magnesium - 91%
Vitamin B3 - 8%	Phosphorus - 59%
Vitamin B5 - 23%	Potassium - 24%
Vitamin B6 - 17%	Sodium - 2%
Vitamin B9 - 6%	Zinc - 73%
Vitamin E - 13%	Copper - 183%
Vitamin K - 57%	Manganese - 34%
	Selenium - 33%

# Vitamins and Minerals

Micronutrients are the nutritive components in food that the body needs for energy, growth, repair, development of new tissues and to maintain all of the body's structure and systems.



# Vitamins

- organic substances
- made by plants or animals



# Minerals

- inorganic elements
- come from soil and water
- absorbed by plants or eaten by animals



# Fat-Soluble Vitamins

**Vitamins A, D, E, and K** — Dissolve in fat and are stored in your body.





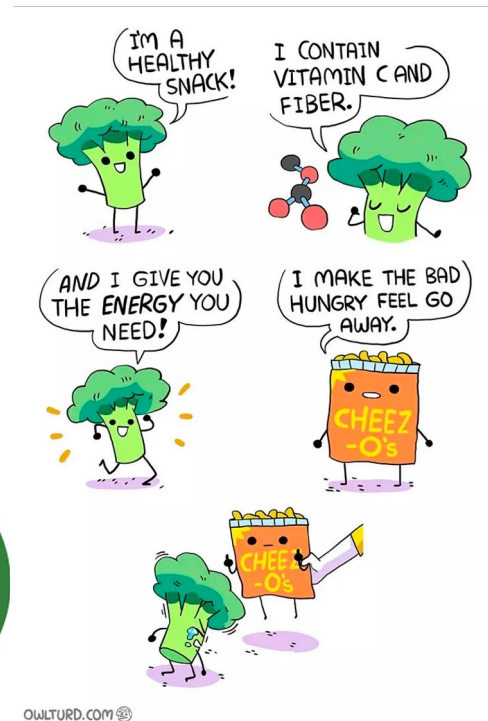
# Water-Soluble Vitamins

**C and the B-complex vitamins** — Dissolve in water. Your body can't store these vitamins, so a fresh supply of these vitamins is needed every day.



# Common nutrient deficiencies

- Iron
- Iodine
- Vitamin D
- Vitamin B12
- Calcium
- Vitamin A
- Magnesium





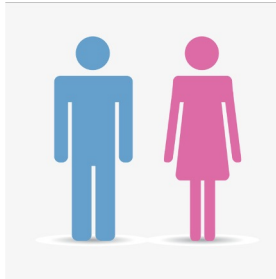
**How to achieve a balanced diet?**



# Tip #1: High Fibre Carbohydrate

Low in carbs, High in fibre

26g



20g



# #1 Fibre Rich Food



Chickpea (1 cup)

12.5g



Sweet Corn (1 cup)

4.1g



Carrots (1 medium)

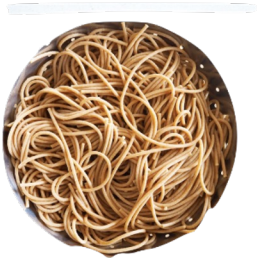
1.4g



Apple (1 whole)

3.2g

# #1 Fibre Rich Food - 1 serve



Wholemeal Spaghetti

9.2g



Wholemeal Bread

5.1g



Brown Rice

3.6g



Rolled Oats

3g

# #1 Fibre Rich Food



Avocado ( 1 whole )

13g



Chia seeds (2 tbsp)

10g



Cooked Broccoli  
( 1 cup )

5g



Cooked Kai Lan  
(1 cup)

8g



# Have more Fruit & Veg!

- Fresh foods are high in potassium
- Reduces sodium
- Maintain body fluids
- Relax blood vessels



## Tip #2 : Good Fat Only

Essential fat:

- Monounsaturated
- Polyunsaturated
- Omega 3s



## #2 Types of Fat

### Saturated



Poultry skin  
Meat fat  
Butter  
Ghee  
Lard  
Full cream milk  
Coconut milk  
Palm oil

### Mono unsaturated



Olive oil  
Canola oil  
Peanut oil  
Sesame oil  
Avocado oil  
Most nut oil

### Poly unsaturated



Corn oil  
Soybean oil  
Sunflower oil  
Safflower oil  
Oily fish  
Grains/walnuts

### Trans



Hydrogenated  
vegetables oil  
Cakes  
Biscuits  
Baked goods  
Chocolates  
Fast food  
Fried foods



# Trans Fat

- Increases LDL and reduces HDL cholesterol
- 2% increase in trans fat consumption = 25% increase in coronary heart disease risk factor
- Daily recommendation = < 2g/day



**8g per 100g serving**



**8g per 100g serving**



**5g per 2pieces**

## Tip #3: Exercise

- Maintain muscle mass
- Build muscle mass
- Increase fat oxidation



# Tip #4: Drink Sufficient Water

2L or 8 glasses everyday!



# Making your food rainbow



01

Eat a variety of fruits and vegetables

02

Try new fruits and vegetables

03

Have at least 5 different colours on your plate each meal

04

Consume multicoloured grains





# Work Hard, Eat Smart!

## Private Security Sector

- Night shifts
- Long periods of standing/walking

## Cleaning Sector

- Large portion of mature workers



## 12 FOODS TO EAT FOR ENERGY

facebook.com/WorkingOut101



HONEY



APPLES



EGGS



SWEET POTATOES



SALMON



ORANGES



BANANAS



OATS



BEANS



SPINACH



YOGURT



ALMONDS

# Work Hard, Eat Smart!

## Waste & Pest Management

- Exposed to different elements during duty



## Lift & Escalator Technicians

- Duty in confined spaces

## Budget-Friendly, Immunity-Boosting Foods



Onions



Spinach



Turmeric  
(with black pepper)



Soup



Canned Tomatoes



Blueberries



Citrus



Peppers



Beans



**Diet is not forever  
Lifestyle stays with you**



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