



NUTRITIÓN

at the

WORKPLACE

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Why Workplace Nutrition?

- The workplace provides a captive audience and various on-site opportunities for positively influencing employees' food choices.

Continued...Why Workplace Nutrition?

- On average, adults spend up to 60% of their waking hours at work.
- Likely, one or more meals and snacks are eaten at work.
- Availability of healthy food choices in cafeterias, vending machines and at business functions can help build a supportive environment for healthy eating practices.

Internal Workplace Wellness Programs

- Generic (available for Windsor-Essex County workplaces)
- [Chrysler Canada Inc.](#)
(www.workingtowardwellness.ca)
- Ford Motor Company of Canada
(www.driveforwellness.ca)
- City of Windsor
(iride2wellness.ca)

Workplace Wellness Program Staff

- Dietitians
- Health Promotion Specialists
- Graphic Designers
- Research Assistant
- Program Evaluation Specialist
- Administrative Clerk

Workplace Health Promotion Strategies

- Awareness raising/education
- Skill building
- Environmental support
- Policy development

Core Components of Workplace Wellness and the Role of the RD

- Newsletter
- Health and Wellness Brochure
- Ideas to Promote



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Continued...Core Components of Workplace Wellness and the Role of the RD

- Community Resources/Agencies/Websites
- Display Resources
- Educational Presentations

Continued...Core Components of Workplace Wellness and the Role of the RD

- E-bulletins
- Employee Contest
- Environmental Support and Policy Development
- Workplace Wellness Committees



Are Sub Shops Really a Healthier Fast Food Option?

Sub shops have gained a reputation for being a healthier fast food option compared to burger joints. However, are they really a healthier option? Can fast food really help you reach and keep a healthy bodyweight?

Canadians Love Their Fast Food

Over 70% of Canadians (ages 18-64) eat at a fast food outlet the day before their survey. The included top 10 are as follows and list their top 5 items on the left, and total a 10-item list.

The Trouble with Fast Food

Fast food is high in fat, sodium, and calories, but still a help you lose weight? Probably not. In fact, while some studies on fast food suggest that eating more fast food leads to higher rates of obesity, diabetes, and heart disease, other studies suggest that fast food consumption has increased over the years, leading to more than doubled rates of obesity.

For every study in the world, studies show that fast food consumption is linked to higher body weight. In another study published in the journal *Public Health*, researchers who ate at a fast food restaurant more than once a week had a 50% greater chance of having a heart attack than those who ate at other types of restaurants, and other professionals.

Aren't Sub Shops Healthier Than Other Fast Food Restaurants?

While sub shops are often considered healthier than other fast food restaurants, some items can be just as high in fat, sodium, and calories as a burger or a pizza. Consider the following items available at sub shops, and compare them to a burger or a pizza from the same restaurant. Take a look at the infographic comparing these items to burgers and pizzas.

| Restaurant | Item | Calories | Fat (g) | Sodium (mg) |
|-------------|---|----------|---------|-------------|
| Subway® | 6 inch Meatball Sub (with Swiss cheese) | 610 | 28 | 1425 |
| | 2 chicken strip chicken | 410 | 20 | 800 |
| | 7" Cold® veggie | 375 | 0 | 26 |
| | 6" Cold® | 330 | 48 | 1915 |
| McDonald's® | Big Mac® | 540 | 28 | 1080 |
| | French fries, medium | 380 | 17 | 280 |
| | Coke® medium | 220 | 0 | 19 |
| | Salad | 120 | 45 | 1300 |

As you can see, not every choice at a sub shop is a healthier option. Don't go run out and grab a burger and fries though. In both cases, these meals provide about half a day's worth of calories, over 2/3 of a day's worth of fat, and almost a 100% of the daily recommendation for sodium.

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What does a typical week look like?

- The activities vary weekly depending on the time of year
- Meetings: Internal Workplace (weekly), Workplace Committees
- Project Development – Steering Toward Healthy Choices, [Biggest Winner](#)
- Presentations



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Continued...what does a typical week look like?

- Cooking Demonstrations
- Initiative Kick off Events
- Special Events – Family Day
- Hours: 8:30 am-4:30 pm with flexibility



Workplace Nutrition

An opportunity to make a difference!



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