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# Monthly Safety Blast

*Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education*

**March 2015**

## March is National Nutrition Month

Eating on the job can be problematic if your office is in the middle of the woods, in a pasture or on a fishing vessel. You may not have the accommodations to heat your food or have access to a refrigerator. The fundamental concept is to fill your cupboard and/or refrigerator with the right foods and pack healthy, filling meals and snacks. Protein and essential nutrient packed foods give you the energy you need and help you to stay productive during work. For example, a thermos can keep soup or coffee warm, while an ice pack can keep yogurt, cheese, eggs and meat at the right temperature. Thermoses and coolers come in various shapes and sizes; choose the appropriate container to best fit your work environment.

### Healthy Tips:

#### **Balancing Calories**

- Enjoy your food, but eat less.
- Avoid oversized portions.

#### **Foods to Increase**

- Make half of you meal fruits and vegetables.
- Make at least half your grains; whole grains.
- Switch to fat-free or low-fat (1%) milk instead of whole milk.

#### **Foods to Reduce**

- Compare sodium in foods like soup, bread, and frozen meals; choose foods with lower numbers.
- Drink water instead of sugary drinks.

**eat right** •  
LIVE WELL

Eat This	Not This
Peanut butter on whole grain tortilla	Peanut butter and jelly on white bread
Roasted chicken	Fried chicken
Roasted turkey	Burger
Low sodium beef or turkey jerky	Hot dogs
Boiled eggs	French fries, onion rings
Low calorie soup in a thermos	Milk shakes
Protein bars	Candy
Whole grain cereal bars	Doughnuts, sugary cereal
Cottage cheese with fruit	Fruit snacks, snack cakes
Almonds	Cookies
Greek yogurt	Pudding
Hummus with raw veggies	Potato chips
Low fat cheese	Cheese crackers, fried cheese sticks
Water	Soda
Coffee (in moderation)	Energy drinks

**Resources:**

- [www.choosemyplate.gov](http://www.choosemyplate.gov)

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Sharing is caring!



Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education. For more information, contact us at 903-877-5998 or by email to [agcenter@uthct.edu](mailto:agcenter@uthct.edu).  
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