



## Nutrition & Hydration

This post highlights the importance of good nutrition and hydration and the impact it has on your mind and body.

In order to sustain good health, you need to consume a healthy and balanced diet. Everything you eat will have an impact on your physical and mental health.

### Eating well helps to prevent:

- Type 2 diabetes
- Certain cancers
- Weight maintenance
- Heart health complications

No single food or nutrient will provide you with everything your body needs, which is why it is of vital importance to consume a varied diet from each of the food groups.

The Eatwell Guide enables you to see at a glance how much your body needs and from which food group. (See end of this PDF)

### Good hydration prevents:

- Kidney stones
- Skin conditions
- Constipation
- Headaches
- Urinary tract infections
- General poor health

### **How much do I need to drink to ensure adequate hydration and how do I achieve this easily?**

- Aim to drink between 1.5L- 2L water each day, more if you are exercising, have a labour-intensive job, or are in high temperatures
- Drink a glass of water upon waking
- Drink water before, during and after exercise
- When you feel hungry, have a glass of water first
- Drink a glass of water with each meal
- Add sliced fresh citrus fruit to each glass of water to avoid getting bored
- Keep a bottle of water with you when out and about to ensure you consume water little and often

We have a vast range of Workplace Nutrition Services – click here to find out more, or give us a call:

**T: 07778 218009**

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# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Fruit and vegetables  
Eat at least 5 portions of a variety of fruit and vegetables every day

Potatoes, bread, rice, pasta and other starchy carbohydrates  
Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.



Oil & spreads  
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives  
Choose lower fat and lower sugar options

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS