



# Workplace *Wellness* Program

As part of creating a stable, vibrant and growing business in the Landscaping Industry you should consider looking after your most valuable asset – your staff. One way to do that is by implementing a Workplace **Wellness** Policy which takes into account a range of health factors for your staff including smoking, alcohol and drug intake, mental health and sun safety as well as nutrition.

By encouraging your staff to aim for a healthy lifestyle including small changes made to diet and lifestyle choices, you will find they can greatly increase their energy, help them sleep better and reduce the risk of depression - all of which adds up to better productivity and team play.

**Discuss the information below with your staff to get the ball rolling!**



As part of Tradies Health Month check out [The Blokes Guide to Shaping Up](#)

## Five Food Groups

By eating a variety of foods from each of these groups on a daily basis you will be meeting the nutritional requirements which make up the Australian Dietary Guidelines

- Vegetables and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt cheese and/or alternatives, mostly reduced fat

To meet the nutrient requirements essential for good health, you need to eat a variety from each of the five food groups daily, in the recommended amounts. It is not necessary to eat from each food group at every meal. In fact, in some instances, you only need to eat some of the foods in each food group a couple of times a week.

It is also important to enjoy a variety of foods within each of the **Five Food Groups** because different foods vary in the amount of the key nutrients that they provide. For example, in the vegetables and legumes food group, orange vegetables such as carrots and pumpkins contain significantly more vitamin A than other vegetables such as white potatoes.

## What are the Australian Dietary Guidelines?

In order for an individual to reduce their risk of chronic diseases including heart disease, stroke, diabetes and some types of cancer it is extremely important to follow the guidelines which suggest a minimum daily intake of **5-6 serves of vegetables** and **2 serves of fruit**.

Different vegetables can help protect the body in different ways, so it's important to choose a variety of colours, particularly:

- **green** (such as broccoli, spinach)

- **orange** (such as carrots, pumpkin, sweet potatoes)
- **yellow** and **red** (such as capsicum, tomatoes)

## Easy Changes Anyone Can Make

Share these ideas for your staff – you could print one or a few as a message on their payslips, send as an SMS message, put on the staff noticeboard on a weekly basis or email in your internal newsletter or other communications. More short messages can be found [here](#)

Swap It! Swap oil based salad dressing for lime juice and herbs or balsamic vinegar.
Swap It! Swap fried or battered for baked, roasted, grilled, steamed or sautéed.
Swap It! Swap the butter or margarine for a light scraping of low-fat cream cheese, low-fat mayonnaise, cottage cheese or avocado. Choose wholegrain bread over white bread.
Swap It! Swap full-fat milk for low-fat or skim milk to cut the kilojoules (energy).
Swap It! Swap creamy pastas for vegetable or tomato-based sauces, and swap full-fat cheese on top for a sprinkle of low-fat cheese. You can even try wholegrain pasta.
Swap It! Swap sweet biscuits and crackers for wholegrain crackers.
Swap It! Swap a juice or morning cuppa for a glass of water.
Swap It! Swap soft drinks, sports drinks, energy drinks, or alcohol, for water.
Eating On-the-go? Why not pack your own healthy lunch and drink water- you will save money, and your waist line.
Eating On-the-go? Stop at a bakery or café for lunch and choose a ham and salad wholegrain roll instead of a pie or pasty
Travelling for work? Take out those lollies and unhealthy snacks from your glove box- it will stop you being tempted.

## Discretionary Foods

Many people make poor food **choices** which are not necessary for a **healthy diet** and are too high in saturated fat and/or added sugars, added salt or alcohol and low in fibre.

These foods and drinks can also be too **high in kilojoules** (energy) and represent 'energy dense' but 'nutrient poor' choices often resulting in weight gain.

Making an occasional discretionary food choice is OK so long as it is limited to 600 kj which is less than you might think - to find out exactly what 600 kj of food looks like (the good, the bad and the ugly!)

[CLICK HERE](#)

**In our next edition we will look at some other simple changes which can be made in the workplace to encourage better eating habits amongst your staff**

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<http://gofor2and5.com.au>

[http://eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55g\\_adult\\_brochure.pdf](http://eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55g_adult_brochure.pdf)

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More information can be found at <http://www.landscapequeensland.com.au/healthier-happier-workplaces/healthier-happier-workplaces-nutrition>

Landscape Queensland is working with Workplace Health and Safety Queensland on a Healthy Workers Initiative as part of the Queensland Government's Healthier. Happier. Workplaces. Initiative.

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