



Health and wellness tips for your work, home, and life.

Brought to you by the Employee Benefits Team at BHIB.



The average man needs around 2,500 calories a day. The average woman needs 2,000 calories. Receiving all of your nutrients from eating the appropriate amount of calories will help make you feel fit and healthy.



Eat Well, Live Well

If changing eating habits were easy, everyone would be fit and healthy. One key to making lasting improvements is to make changes in stages. Start with something simple and stick to it for a week. After your family has mastered one change, add another.

Some Ideas to Get You Started

- Eat breakfast.
- Substitute water for one sugary drink each day.
- Eat one to two more fruits or vegetables each day.
- Plan a healthy snack for each day of the week.
- Switch to a low-fat version of a favourite food.
- Plan three meals and two snacks every day.
- Plan a home-cooked meal, which usually has fewer calories, more reasonable portions and costs less than typical meals eaten at restaurants.

Set the Example

Parents play a big role in guiding their children's eating habits by the examples they set, the foods they make available in the home and the mealtime experiences they create for their families.

Offer healthy snacks such as fruit, low-fat cottage cheese or yoghurt, frozen juice bars, applesauce, celery or apples and peanut butter, raw vegetables, fig bars and low-fat cheese. Large portions mean too many calories. A snack for a typical adult may be a container of yoghurt, but for a small child, two or three tablespoons of yoghurt is about right.

Make Eating an Enjoyable Activity for the Whole Family

Family meals can be a time to monitor what children are eating and reconnect with each other. Involve children in food preparation and clean-up, and sit down with children when they eat. The idea is to build healthy lifelong eating habits.

Some healthy eating tips include the following:

- Eat plenty of fruit and vegetables—half your plate at each meal should be vegetables or fruit.
- Beware of sweetened drinks—fizzy drinks and sport drinks are high in calories. Keep in mind that too much juice can also quickly add calories to a child's diet.
- Choose food sensibly when eating out.

Healthy Food Tips When Eating Out

- Ask if you don't know what is in a dish or the serving size.
- Eat the same portion size you would at home.
- Ask for sauces, gravy and dressings on the side—or avoid them altogether.
- Order foods that are not breaded or fried.
- Order fruit for dessert.
- Ask for substitutions: A vegetable instead of chips, or for the high-fat food to be left off the plate.
- Ask for low-calorie versions of food. Vinegar and oil or a squeeze of lemon is better than high-fat dressings or sauces.

Visit: bhibinsurance.co.uk/employee-benefits

The content of this flyer is of general interest only and not intended to apply to specific circumstances. It does not purport to be a comprehensive analysis of all matters relevant to its subject matter. It does not address all potential compliance issues with UK, EU or any other regulations. The content should not, therefore, be regarded as constituting legal or medical advice and not be relied upon as such. It should not be used, adopted or modified without competent legal and medical advice or opinion. In relation to any particular problem which they may have, readers are advised to seek specific advice. © 2007-09, 2012-14 Zywave, Inc. All rights reserved.

BHIB Insurance Brokers is a trading name of BHIB Limited. Registered office is AGM house, 3 Barton Close, Grove Park, Enderby, Leicester, LE19 1SJ. BHIB Limited is registered in England and Wales number: 829660 Authorised and regulated by the Financial Conduct Authority - We are covered by the Financial Ombudsman Service. You can find out more at www.financial-ombudsman.org.uk