



HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

Eating healthy 'on the go'

Working for a group training organisation or in a trade often involves working long hours, physical and mental stress, and frequent mobile or 'on the road' travel. This can make regular exercise and getting good food quite tricky. **Small changes** such as packing your own stash of healthy snacks **can make a BIG DIFFERENCE** to your health.

Here's why eating healthy for a mobile or 'on the go' worker is tough:

- » **Availability** - It can be hard to access fresh, healthy and tasty food
- » **Cost** - higher cost of healthy food at roadhouses, lunch bars and cafes, especially in remote areas can be a turn off
- » **Time** - reduced opportunity to stop and eat regularly
- » **Storage** - the ability to store food safely, particularly in hot weather
- » **Convenience** - Pre-packaged food often lends itself to 'eating on the go'

Top Tips to Eat Healthier 'on the go'

PYO – that's right **PACK YOUR OWN!**

GET ORGANISED. Packing your own healthy snacks and meals is the best way to manage energy levels during long days and save money. So get it together:

- » When you make your evening meal, prepare your lunch for the next day at the same time to avoid rushing in the morning. Chop extra salad/vegetables or cook an extra portion of your meal and your lunch is sorted
- » Get yourself a cooler lunch box with the ability to store an ice brick or if you can fit it in your work truck, get a compact car battery operated fridge
- » Get yourself a thermos to have hot food on the go like soup or fried rice
- » Keep healthy emergency supplies stocked up at home, in your car, desk drawer or workplace fridge such as nuts, packets of popcorn, a tub of low fat yoghurt, tinned tuna/baked beans or low-salt wholegrain crackers.



For further information on the Healthy Workers program contact (08) 8346 2227 or go online at gtasa.com.au/healthy-workers-healthy-futures

Pulling over to get a bite to eat

If you find yourself on the road without a healthy packed lunch be sure to give these a miss and **SWAP IT** for a healthier choice.

- » Say no to deep-fried and battered items such as crumbed sausages, schnitzel, chips, fried chicken or fish and **SWAP IT** for grilled fish or chicken instead.
- » Say no to pastry products such as pies, pasties, sausage rolls and **SWAP IT** for sandwiches or wraps with lean cold meat, cheese or egg and salad instead.
- » Say no to soft drink and **SWAP IT** for 99% fruit juice (250ml) a fruit smoothie or the better option H2O instead.

CHOOSE THESE HEALTHIER OPTIONS:



The total daily intake for the average adult is 8700kJ, 70g fat and 2300mg sodium.
Needs vary depending on your gender, size and activity level.

Hungry Jack's

CHOOSE THIS

- » **Hamburger with Garden Salad** 1414kJ, 11g fat, 836mg sodium
- » **2 x Grilled chicken garden salad** with French dressing 1594kJ, 15.2g fat, 1910 sodium.
- » Stick to a single patty to keep your energy intake under control

NOT THIS

- » **A Double Whopper with cheese meal deal** - with two patties and cheese burger, large fries and a large coke
- » It's got 7125kJ and 88g fat, 31g of which are saturated (bad) fat
- » The recommended daily kilojoules for Australian women in roughly 8,400, for men its 10,500
- » And that saturated fat figure. You're getting your total intake for the day - in one meal
- » You would have to do a 1.5hr run to burn off the burger alone!

McDonald's

CHOOSE THIS

- » **Fillet-o-fish with a garden salad** 1270kJ, 13.1g fat, 524g sodium
- » **Grilled chicken snack wrap and small fries** 2009kJ, 22.2g fat, 593 sodium
- » Save your money and choose water

NOT THIS

- » **A Big Mac** has got 2060kJ, add large fries at 1900kJ and a can of soft drink 646kJ for a total of 4606kJ.
- » That is more than ½ the recommended daily kilojoules in one hit, with not much nutritional value
- » **Aussie BBQ Angus Burger** 2950kJ, 42g fat, 1350mg sodium, - even without the fries and you have already have eaten half recommended daily intake of fat!

KFC

CHOOSE THIS

- » **Original Recipe Burger** 1628kJ, 13.3 g fat, 852mg sodium
- » **Original Recipe Chicken x 1, a regular coleslaw and dinner roll,** 1782kJ, 18.4g fat, 801mg sodium.
- » Instead of regular chips choose a side of coleslaw and save 496kJ & 5.5g fat

NOT THIS

- » **Zinger Stacker Boxed Meal** - zinger stacker, 3 wicked wings, regular chips, potato & gravy and a drink
- » It's got 6644kJ, 71.9g fat, of which 16.6g is saturated (bad) fat.
- » That is ¾ of the recommended daily kilojoules in one meal.
- » **Regular Twister Wrap** alone has 2230kJ, 26.7g fat and 1118mg sodium. You think you are being healthy and upsize with chips and a solo to 5560kJ, 45g fat and 1675mg sodium.

Subway

CHOOSE THIS

- » **6" Ham Sub with cheese and mayo** 1425kJ, 11.1g fat, 906 sodium
- » **6" roasted chicken sub** (multigrain, without sauce or cheese) 1326kJ, 4.6g fat, 556mg sodium

NOT THIS

- » **A 6" Meatball Sub with cheese and chipotle sauce** 2285kJ, 28.4g fat 966 sodium
- » **A 12" meatball** takes you to over ½ the recommended daily fat and kilojoule intake and that's without a soft drink or cookie
- » Don't buy the cookie at 900kJ in one cookie it could be more than your actual six inch sub!

FREE DOWNLOADABLE COOK BOOK (www.foodcentsprogram.com.au)

This cookbook has 10 homemade 'takeaway' recipes like burgers, pizza and meat pies. Each recipe takes less than 30 minutes to cook and costs less than \$15 to feed 4 people.

