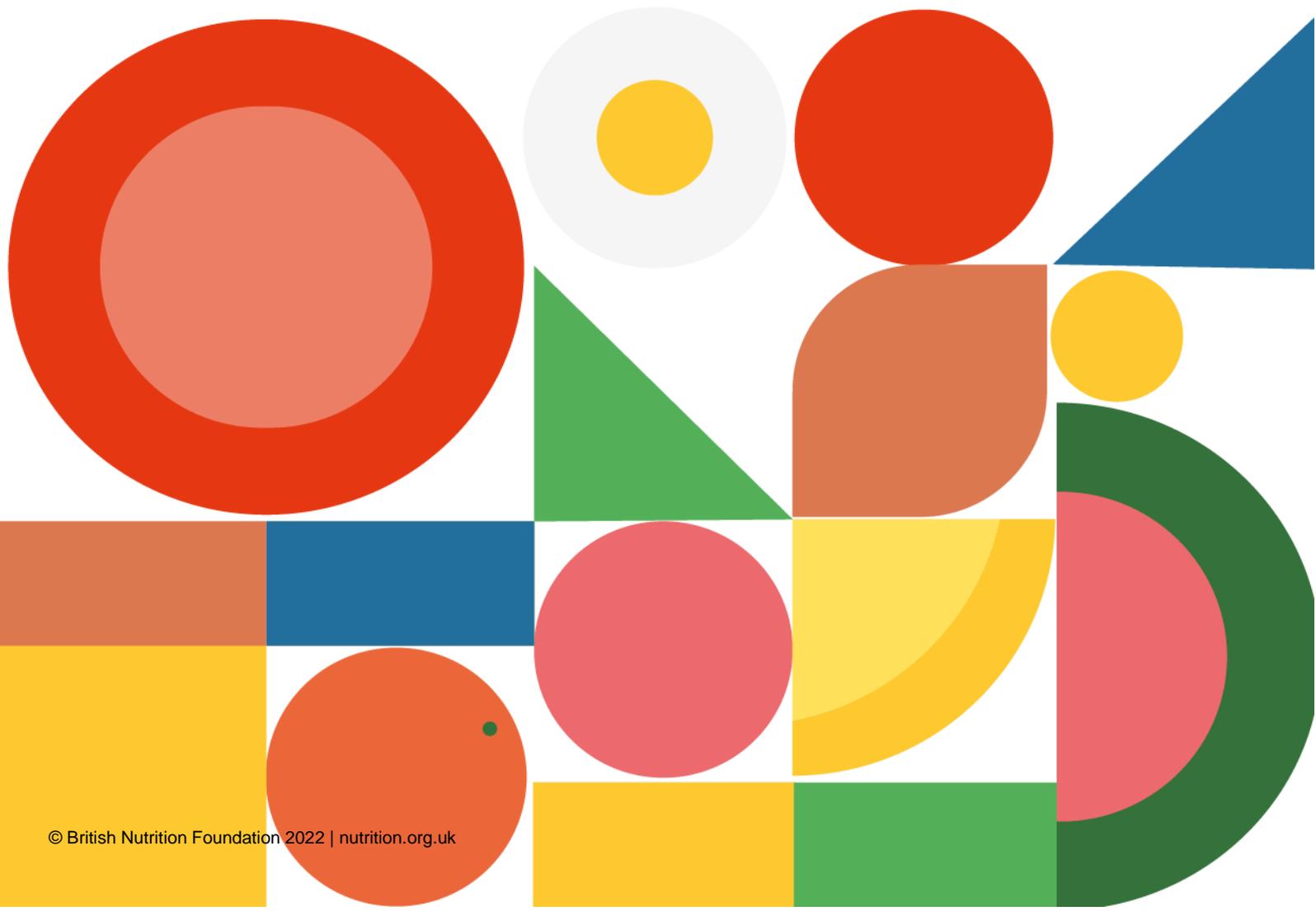


# British Nutrition Foundation's Healthy Eating Week 2022

Eat well for you and the planet!

Workplace pack



# Welcome to the British Nutrition Foundation's Healthy Eating Week 2022

This year's 10th Healthy Eating Week will take place from 13 - 17 June 2022. The main message this year is, *Eat well for you and the planet!* This guide will provide you with the information and resources you will need to take part in the Week.

## About this year's message

The foods and drinks we choose are important for our health and the health of the planet. Globally, food production is responsible for about a third of all greenhouse gas emissions, uses over two-thirds of fresh water and over a third of available land.

Our global population is growing, with an increasing demand for food, but it is important for the health of the planet that we find ways to produce this food using less land, water, and energy. The environmental impact of different foods can vary but there are some general principles we can all follow to aim for a healthier and more sustainable diet.

This year's Healthy Eating Week aims to help everyone learn more about what they can do to have a healthier and more sustainable diet by focusing on five themes:

- **Focus on fibre - for meals and snacks**  
Have more wholegrain foods, fruit and vegetables, beans, peas, and lentils.
- **Get at least 5 A DAY - put plenty on your plate**  
Have at least 5 portions of a variety of fruit and vegetables every day.
- **Vary your protein - be more creative**  
Eat a wider variety of protein foods and choose plant protein sources more often.
- **Stay hydrated- fill up from the tap**  
Have about 6-8 drinks a day and choose reusable or recyclable drinks containers.
- **Reduce food waste - know your portions**  
Aim for the right amount when you shop, cook, and eat to avoid throwing food away.

For more detailed information about a healthier and more sustainable diet, [visit our website](#).

## Short on time?

This pack provides information about each of the Week's five themes and details of lots of activities and resources you can use. However, if you are short on time, here are some simple things you can do to promote healthier more sustainable diets in your workplace during Healthy Eating Week.

You can download all of the resources mentioned in **bold** below, here:

<https://www.nutrition.org.uk/healthy-eating-week/resources/workplaces/>

- Display the **Healthy Eating Week posters**.
- Share links to the **Healthy Eating Week recipes**.
- Supply food for staff to enjoy that raises awareness of the Week's themes, e.g., wholegrain food, fruit, and vegetables. (Further details of foods that could be provided can be found later in this pack.)
- Set staff the **Fridge door challenge** – 10 food-based challenges for staff that support the Week's *Eat well for you and the planet!* message.
- Use our **Social media pack** to send daily updates to colleagues and your networks.
- Ask your canteen or caterers to prepare some special dishes or snacks based on the Week's themes. They can use the **Healthy Eating Week icons** to signpost these or the **What's happening today? signs**, if they want to add some details about what is being served.

### A little bit more time?

- Plan one simple daily event or share one information resource each day of Healthy Eating Week to engage your colleagues. There are lots of ideas and resources to choose from in this pack.
- Fill in and display the **What's happening this week?** sheet to let colleagues know what you have planned for the week.

**Read on to find out about our themes and get inspired with the activities and resources for each day of Healthy Eating Week.**

# Focus on fibre – for meals and snacks

Have more wholegrain foods, fruit and vegetables, beans, peas, and lentils.

Eating a plant-rich diet higher in fibre can be beneficial for your health and the health of the planet.

Most of us are not eating enough fibre. In the UK, adults are recommended to have 30g of fibre each day, but we are currently only eating 19.7g on average. Eating plenty of fibre, as part of a healthy balanced diet, is linked to a lower risk of heart disease, stroke, type 2 diabetes, and bowel cancer. Choosing fibre-rich foods may also help you to feel fuller for longer, which can help support weight management. Eating fibre-rich foods alongside drinking plenty of fluids and keeping physically active can help prevent constipation.

Fibre may also help to increase 'good' bacteria in the gut, and it is thought that our gut bacteria may play a significant role in aspects of health such as immune function, obesity and even brain function and mood!

You can increase your fibre intake by including fibre-rich plant foods in your diet, such as:

- Wholegrain varieties of starchy foods like wholegrain breakfast cereals, wholewheat pasta, wholemeal bread, and brown rice
- Pulses like kidney beans, chickpeas, and lentils
- Nuts and seeds
- Potatoes with skins on
- Fruit and vegetables

### Wholegrain, wholewheat or wholemeal – what's the difference?

All these terms refer to products made using the 'whole' of the grain - the bran, germ, and endosperm!

Take a look at the [Fun Way to Fibre](#) resource for ideas of how to increase fibre intake.

Healthy eating guidelines in the UK, known as the [Eatwell Guide](#), focus on eating a plant-rich diet including plenty of foods with fibre. If everyone in the UK followed the Eatwell Guide, this could reduce the environmental impact of our diets by about a third, including less land and water use, and lower greenhouse gas emissions.

## Top tips

### Choose higher fibre foods at mealtimes and for snacks:

- Go for potatoes, sweet potatoes, or yams with the skins on.
- Add fruit to your wholegrain breakfast cereal or porridge.
- Snack on fruit, vegetable sticks, rye crackers, oatcakes, unsalted nuts, or seeds.
- Add plenty of vegetables to meals, as a side dish or salad.
- Add pulses like beans, chickpeas or lentils to stews, curries, and pasta sauces.



### Try new wholegrain foods:

- You may see 'source of fibre' or 'high in fibre' on the front of food packaging - a 'source of fibre' has at least 3g of fibre per 100g, and 'high in' fibre has more than 6g per 100g.
- Check for the words wholegrain, wholewheat or wholemeal on food products like wholewheat noodles and wholemeal bread.
- Go for wholemeal or higher fibre seeded breads. If you only like white bread, why not try versions that combine white and wholemeal flour.
- Go for high-fibre lower sugar breakfast cereals like wholewheat biscuit cereal (e.g., wheat biscuits), no added sugar muesli, bran flakes or porridge.



## Activities and resources

- Display the Focus on fibre poster.
- Share our **Fun way to fibre** factsheet to help encourage everyone to add more fibre to their diet.
- Display the **Focus on fibre inspirations** sheet in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for increasing fibre. You could email this, or put it on a shared area, for colleagues working from home.
- Take a look at the **Fibre packed snack** sheet for ideas, and then set up a snack station for colleagues. Invite them to create a fibre filled snack (great for lunch too!).
- Share the **Fibre tracker sheet** to encourage colleagues to track how much fibre they have over a day.
- Plan a 'fibre feast breakfast' for colleagues. You could supply a selection of wholegrain cereals, wholegrain breads, and fruit, or set up a 'make your own muesli bar' - supplying oats, dried and fresh fruit, nuts, and seeds for colleagues to select.
- Assemble a *Fantastic fibre food hamper*, put it on display and let everyone know it's up for grabs! See the **Fantastic fibre hamper list** for what to include in your hamper. You could:
  - make the hamper a colleague prize for taking part in a fibre related activity;
  - take guesses on the hamper item that provides the most fibre per 100g;
  - simply pick a colleague's name from a hat!
- Feeling generous? You could create a mini fibre hamper (3-5 items) for all colleagues using ideas from the **Fantastic fibre hamper list**.
- Challenge your catering staff to provide higher fibre menu options by for example swapping white for brown rice or white for wholewheat pasta in the canteen and use the **Focus on fibre icon** to signpost these options, or the **What's happening today?** signs, if they want to add some details about what is being served.
- You may like to award colleagues the **Healthy Eating Week certificate** for participating in the *Focus on fibre* day. For example, did any colleagues use the **Fibre tracker** and manage to have their 30g of fibre today?

Resources in **bold** font are available here:

<https://www.nutrition.org.uk/healthy-eating-week/resources/workplaces/>

## Get at least 5 A DAY – put plenty on your plate

Have at least 5 portions of a variety of fruit and vegetables every day.

In the UK, [healthy eating guidelines](#) recommend fruit and vegetables should make up over a third of what we eat.

### Did you know that only around one in three adults have their 5 A DAY?

Fruit and vegetables provide a range of essential vitamins, minerals, and fibre as well as a variety of compounds produced by plants which give fruit and vegetables their colour and may benefit health. Diets high in fruit and vegetables are also associated with a lower risk of diseases such as heart disease, stroke, and some cancers. Fruit and vegetables can also help you to maintain a healthy weight because they are generally low in calories - you can eat plenty for relatively few calories!

Fruit and vegetables tend to have a lower environmental impact in terms of greenhouse gas emissions and land use than other types of food.

Different coloured fruit and vegetables contain their own combination of nutrients. Eating a variety of different coloured fruit and vegetables as part of meals and snacks provides us with a range of important nutrients. Remember it is at least 5 A DAY – more is better!

- A portion of fruit or vegetable is 80g – a medium-sized banana or apple, two or more plums or satsumas, or three heaped tablespoons of cooked vegetables.
- A portion of dried fruit is 30g – a heaped tablespoon of raisins, two figs or three prunes.
- 150ml glass of unsweetened 100% fruit or vegetable juice or smoothie counts as a maximum of one of your 5 A DAY.
- Three heaped tablespoons of pulses count as a maximum of one of your 5 A DAY.

### Top tips

#### Add more fruit and vegetables throughout your day:

- Try to include fruit and vegetables at breakfast like fruit on your porridge, or tomatoes and mushrooms with your eggs on wholemeal toast.
- Snack on different fruit and vegetables during the day. Keep some canned fruit (in juice) at work for a handy snack, or take in some crunchy veg sticks, such as carrots, cucumber, and celery.
- Get adventurous and try new vegetables, or even fruit, in your savoury dishes!



#### Fresh, frozen, dried, and canned all count:

- Frozen fruit and vegetables are nutritious and provide a convenient way to increase your intake. Try frozen spinach added to a curry, or frozen berries, thawed and stirred into low-fat natural yogurt. Frozen fruit and veg can help reduce food waste.
- Choose canned fruit and vegetables in natural juice or water with no added sugar or salt.
- Keep dried fruit to mealtimes only to reduce the impact on teeth.



## Activities and resources

- Display the **Get at least 5 A DAY** poster.
- Share a link to our **Fruit and vegetables** sheet for information and ideas to help you get your 5 A DAY.
- Display the **Get at least 5 A DAY inspirations** sheet in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for getting more fruit and veg.
- Create a lucky dip of fruit and vegetables you think your colleagues may be less familiar with. Place the lucky dip box in your workplace and gather your colleagues to 'dip in' for a fruit or vegetable. You could challenge them to take this away, prepare a meal or dish with it and then report back about what they made.
- Challenge colleagues in teams to have at least 5 A DAY, over a day. The team should nominate a 'captain' to motivate their team and record the fruit and vegetables consumed on the **Fruit and vegetable team tracker** sheet. Team members could also share photos to show (prove!) what they have eaten. Hold a short 'count up' staff meeting the next day to compare how the teams got on. You may like to award colleagues the **Healthy Eating Week certificate** for participating, or you could award a fruit or vegetable goodie bag (see below).
- Create goody bags containing five different types of fruit and/or vegetables to be awarded as prizes for the teams who all manage to have at least 5 A DAY. If you have a lot of winning teams, you could put all the names of winners in a bag and just draw names for the number of goodie bags you have. Remember to include some canned varieties as these count towards our 5 A DAY, last longer and to be cheaper than some fresh fruit and vegetables.
- Encourage your colleagues to think about having a good variety of different fruit and vegetables this week by completing the **5 A DAY variety bingo** activity.
- Ask colleagues to bring in fruit or vegetables to create a giant, shared fruit bowl. Encourage everyone to tuck in during the day. Some fruit and veg could be chopped into bowls. Create a chilled bowl for sharing as well! Share photos of your staff fruit and veg bowl on twitter: @NutritionOrgUK #HEW22
- Ask your canteen or caterers to provide lots of menu options with plenty of fruit and vegetables. They can use the **Get at least 5 A DAY icon** to signpost these for staff.

Resources in **bold** font are available here:

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## Vary your protein – be more creative

Eat a wider variety of protein foods and choose plant protein sources more often.

Protein is important for lots of different functions in the human body, from muscle and bone growth to producing hormones and cells needed for our immune system.

Healthy dietary patterns include a variety of nutrient-rich protein foods. To benefit your health and the health of the planet you should aim to include more plant and alternative sources of protein.

Did you know that growing pulses can improve soil health and reduce the need for fertilisers?

We are advised to eat less red and processed meat, both for health and sustainability reasons. Replacing processed or fatty meats with pulses could reduce your saturated fat and salt intake whilst increasing the fibre in your diet. You do not have to exclude animal foods – just try to swap some for pulses (beans, peas, and lentils), nuts, seeds, tofu, and soya or mycoprotein-based meat alternatives (e.g., Quorn). Check the food labels to choose those lower in saturated fat and salt.

Why not try to include different plant sources of protein throughout the day as part of meals and snacks? For example, good choices of plant protein foods could include:

- Small handful (20g) of plain unsalted nuts and seeds as a snack or sprinkled on breakfast cereal
- 200g (half a standard 400g can) lower sugar/salt baked beans on wholemeal toast for lunch
- 2 tablespoons reduced fat humous with oatcakes as a snack
- 120g lentils in a curry for your evening meal

For information about protein sources and portion sizes, take a look at our [Get Portion Wise!](#) information.

### Top tips

#### Be creative with beans, peas and lentils:

- Add pulses like beans, chickpeas, and lentils to your dishes – try canned varieties with no added salt as an affordable and convenient protein source.
- Make a salad based around different pulses like mixed beans or green lentils.
- Try a bean-based dip to have as a snack with oatcakes or rye crackers.
- Mix up your snacks using chickpeas – try falafel, roasted chickpeas, or reduced fat houmous.
- Why not try making your own bean dip or roasting your own chickpeas? For recipes, visit our [recipe area](#).



#### Go half and half (or all the way if you want to try a meat free meal):

- Try swapping half (or all) chicken for chickpeas, lamb for lentils, and beef for beans!
- Half the meat in dishes like Bolognese, curries, stews, or stir-fries and replace with a plant source of protein like beans, pulses, tofu, soya mince or mycoprotein-based meat alternative (e.g., Quorn).



## Activities and resources

- Display the **Vary your protein poster**.
- Share with colleagues a link to our webpage with more information about different foods that provide [protein](#).
- Display the **Vary your protein inspirations** sheet in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for getting more fruit and veg.
- Share the **Bean feast** sheet with staff to inspire them to try different beans in their meals this week.
- Share a link to our [recipes](#) and encourage colleagues to try some plant-based recipes. How about the **Mushroom and chickpea curry** or **Red lentil bake**?
- Challenge colleagues to try a new protein this week and let everyone know how they get on!
- If you have a work canteen, ask them to include some bean and lentil-based dishes on the menu during Healthy Eating Week.
- No workplace canteen? Why not set up a salad bar in your staff kitchen at lunchtime? You could offer a selection of pre-cooked pulses, beans, and lentils (canned options can be convenient), lots of different chopped fruit and vegetables, fresh herbs, and fat free dressings. Invite colleagues to assemble their own salad for lunch. See the **Salad bar suggestions** sheet for ideas about ingredients to provide.

Resources in **bold** font are available here:

<https://www.nutrition.org.uk/healthy-eating-week/resources/workplaces/>

## Stay hydrated – fill up from the tap

Have about 6-8 drinks (glasses or cups of fluid) a day and choose reusable or recyclable drinks containers.

Our bodies lose water throughout the day in urine and sweat as well as lesser amounts through breathing. If we do not drink enough fluids, we can become dehydrated over time. To stay hydrated we need fluid from foods and drinks.

We should have around 6-8 glasses or cups of fluid each day, and more if the weather is hot, or we are exercising or being active.

Water is an excellent choice for your main drink because it keeps you hydrated without adding calories to your diet, or sugars that can potentially damage teeth.

Healthier choices include unsweetened tea, coffee, herbal infusions and low-fat milk, Unsweetened 100% fruit or vegetable juices and smoothies can provide vitamins and minerals. However, try to keep to one small glass (150ml) per day.

Alcoholic drinks do not count towards your fluid intake, and you should limit sugary soft drinks – swap these for water or soft drinks without added sugars. Sports drinks can be useful when exercising at high intensity for over an hour, but they are high in sugars so only consume if needed.

Using reusable or recyclable drinks containers will help reduce waste and could remind you to drink more throughout the day.

Here you will find more information on: [Healthy hydration for adults and teenagers](#)

### Top Tips

#### Make tap water your main drink (other sugar-free drinks count too!):

- Keep a glass or bottle of tap water with you to encourage you to drink plenty of water.
- Infuse tap water with different fruit and vegetables for extra flavour – try strawberries, cucumber, and mint.
- Have a glass of skimmed or semi-skimmed milk after exercising for protein and hydration.



#### Choose reusable bottles and cups, or drinks in recyclable containers (and recycle them correctly):

- Why not invest in a reusable bottle for water and reusable flask for hot drinks?
- Take a bottle of water with you so you can hydrate on the go.
- Keep a reusable flask with you to fill up with tea or coffee at work or when on the go.



## Activities and resources

- Display the **Stay hydrated poster**.
- Share a link to our webpage with more information about staying hydrated and download our [Healthy hydration poster](#).
- Display the **Stay hydrated inspirations** sheet in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for getting more fruit and veg.
- Set up a *Hydration station* for your staff. Take a look at our **Hydration station** sheet for support and label your station with our **Hydration station sign**.
- Share the **Hydration tracker (individual)** with colleagues and encourage them to track their drinks this week to make sure they are having around 6-8 drinks (glasses or cups of fluid) a day.
- Did you know there are apps which show where you can refill your water bottle when you are out and about? Why not find one of these and share it with your colleagues?
- Why not encourage your colleagues to use reusable drinks containers by providing them with a company branded reusable water bottle or coffee cup flask?

Resources in **bold** font are available here:

<https://www.nutrition.org.uk/healthy-eating-week/resources/workplaces/>

## Reduce food waste – know your portions

Aim for the right amount when you shop, cook, and eat to avoid throwing food away.

In the UK, households are responsible for 70% of UK food waste. According to Waste and Resources Action Programme (WRAP)\*, the three most commonly wasted food are fresh potatoes, bread, and milk.

So much goes into producing our food - water, energy, land, and transport. Reducing the amount of food we waste is therefore important to make diets more sustainable, helping you save money but also helping to save wasting the planets resources.

You can make slight changes to reduce your food waste, such as:

- Planning how much food you need to prepare meals and snacks during the week.
- Checking the food storage information on food labels.
- Setting your fridge to 0-5°C and freezer to -18°C.
- Storing your food in airtight containers to keep it fresh.

### Top Tips

**Know your portions and use these when you choose, cook, and serve food and drinks** (to stop buying or cooking too much):

- Use this [Get Portion Wise!](#) guide to help you get your portions right.
- Measure out the portion sizes that are right for you – use weighing scales, spoons, and your hands.



**Plan ahead – plan your meals for the week, write a shopping list, batch cook for later, use up leftovers:**

- Buy foods with the latest 'use by' date to maximise the time you have to use them.
- If you cook more food than you need, have it for lunch the next day. Throw in some different grains and vegetables if you need to bulk it out, or portion out and freeze it so you have meals ready for a quick dinner – this saves you throwing food away!
- Write a shopping list of ingredients you need for meals and snacks throughout the week.
- If you have an excess of food, share it with friends, neighbours, or colleagues to stop food going to waste.

### Source of information:

\*WRAP: <https://wrap.org.uk/sites/default/files/2021-10/food-%20surplus-and-%20waste-in-the-%20uk-key-facts-oct-21.pdf>



## Activities and resources

- Display the **Reduce food waste poster**.
- Share the **Reduce food waste inspirations** sheet in your office, tearoom, canteen, waiting room or other communal areas, to share our simple tips for reducing food waste.
- Raise awareness of food waste by gathering your colleagues for a short food waste quiz! This can be in the office (use the **Food waste quiz sheet**) or virtually (use the **Food waste quiz presentation**).
- Share the **Food waste audit** sheet with colleagues and encourage them to keep track of food that goes to waste in their homes and think about ways to avoid food waste in the future.
- Share the **Menu and shopping planner** sheet with colleagues to help them plan their week's meals and reduce food waste.
- Do you have a food waste recycling bin at work? Great, but is everyone using it correctly? This week is a good time to remind colleagues what can and cannot be put in the food recycling.
- If you do not have food waste bin at work, take a look at your local council's website and find out how you organise food waste recycling at your workplace.
- For more information about reducing food waste, visit [Love Food Hate Waste](#).

Resources in **bold** font are available here:

<https://www.nutrition.org.uk/healthy-eating-week/resources/workplaces/>

Remember! There is a **What's happening today?** sign for each of the Week's themes. You can edit these signs to share information or instructions with your colleagues about what is happening on each day of Healthy Eating Week.