



CONTROL YOUR CHOLESTEROL

Cholesterol is a fatty substance mainly made by the liver from the saturated fats in the foods we eat.

A high cholesterol level means you could be at risk of coronary heart disease. A good diet, rich in fruit, vegetables, wholegrain cereals and low in salt is a key part in managing raised cholesterol.

Your Occupational Health provider can perform a simple test to measure your total cholesterol.



HOW HYDRATED ARE YOU?

Being dehydrated can affect both mental and physical performance as well as health.

A quick way to test how well you're hydrated is to check the colour of your urine. We recommend at least 6-8 large (250ml) glasses per day - more if it's hot, dry or you are very active. Some good choices are shown below.



Glass of water



Tea/Herbal Tea



Coffee



Milk



Low Calorie Drink



Fruit Juice



Men: At least 2 litres of fluid from drinks per day



Women: At least 1.6 litres of fluid from drinks per day



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EAT WELL FOOD FOR THOUGHT

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.

Nutrition is important for everyone. When combined with being physically active and maintaining a healthy weight, eating well is an excellent way to help your body stay strong and healthy.

Talk to your Occupational Health provider for advice and support in eating well.

