

HEALTHY EATING TIPS

BREAKFAST ON THE GO

- + WHOLEWHEAT BREAD WITH PEANUT BUTTER OR AVOCADO
- + HARD-BOILED EGGS (EASY TO PREPARE IN ADVANCE)
- + FRESH FRUIT, LIKE BANANAS, APPLES, NAARTJIES OR ORANGES
- + INSTANT OAT SACHET MIXED WITH WATER



Snacks

- + UNSALTED NUTS OR SEEDS
- + LOW-FAT YOGHURT / DRINKING YOGHURT / AMASI
- + FRESH FRUIT (BANANAS, APPLES, NAARTJIES OR ORANGES), OR VEGGIES ON THE GO (CARROTS, CUCUMBER, TOMATOES)

LUNCH IDEAS

- + **PROTEINS:** CHICKEN / TUNA / TINNED PILCHARDS / SARDINES / LEFTOVER STEW (LARGER PORTION)
- + **STARCH:** WHOLEWHEAT BREAD / SAMB & BEANS / BROWN RICE / PAP (SMALLER PORTION)
- + **SALADS & VEGETABLES:** UNLIMITED

PLAN AHEAD

- + PREPARE MEALS AND SNACKS AT HOME, WHEN POSSIBLE
- + USE COOLER BAGS TO KEEP FOOD FRESH DURING LONG SHIFTS



HEALTHY EATING TIPS

AVOID

- X FRIED FOODS FROM ROADSIDE VENDORS
- X SUGARY SNACKS AND DRINKS
- X VIENNA SAUSAGES / SALAMI / POLONY / GIBLETS X CRISPS



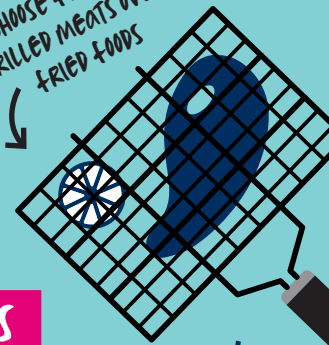
STAY HYDRATED



CARRY A REUSABLE WATER BOTTLE AND REFILL OFTEN

- X LIMIT SUGARY DRINKS & ENERGY DRINKS
- X AVOID FRUIT JUICE

CHOOSE FLAME-GRILLED MEATS OVER FRIED FOODS



HEALTHY EATING TIPS

LOOK FOR FRUIT AND VEGETABLE VENDORS AT TAXI RANKS



ASK FOR EXTRA VEGGIES OR SALADS WITH MEALS