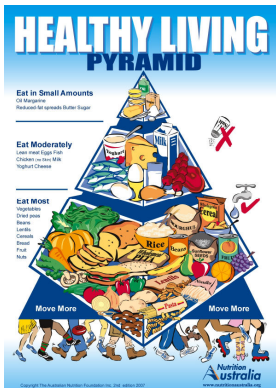


## Workplace Health and Wellbeing Program



Nutrition Australia is Australia's peak nutrition education body. We are a non-profit, non-government, national community based organisation.

### Our aim is to 'Inspire Healthy Eating'

The workplace program is designed to assist employees **reduce** health risks such as high blood pressure and high cholesterol, **assist** in achieving a healthy weight, and **improve** overall health through good nutrition and physical activity.

## Workplace Services

### Presentations

- 1 hr (presentation/workshop) conducted by a qualified dietitian/nutritionist
- Includes relevant handouts & Nutrition Australia publications
- Please contact us to discuss our complete range of topics or to arrange a customised presentation for your organisation. Refer to standard presentations below.

## Presentation Topics

1. **Boost Your Energy**...Want to get the most out of every day?  
This presentation highlights the link between what you eat and your energy levels. It also covers information on general nutrition, and provides practical diet tips on how to boost energy and get the most out of the day!

Nutrition Resources:

- The Healthy Living Pyramid Poster
- The Healthy Living Book x 3
- Food for Health -Dietary Guidelines for Australian Adults x 30
- Food for Health Booklets x 30

2. **Food Variety and Physical Activity**...The best way to ensure you are meeting your nutritional requirements is to maximise the variety in your diet. This presentation provides easy strategies to improve your food variety and provides tips on how to improve your physical fitness.

Nutrition Resources:

- The Healthy Living Pyramid Poster
- Nutrition for Life –The Cookbook
- Food for Health -Dietary Guidelines for Australian Adults x 30
- National Physical Activity Guidelines for Adults x 30
- Food Variety Checklist x30



## Workplace Health and Wellbeing Program

- 3. Meal Planning**...A presentation designed to assist with the day-to-day planning of individual and family meals and includes strategies for healthy eating when dining out. Offers ideas for managing the 5.00 pm rush and keeping motivated to prepare meals rather than relying on take away!

Nutrition Resources:

- Nutrition For Life—The Cookbook
- The Healthy Living Pyramid Poster
- Food Safety when heading out on a picnic x 30
- Food Variety Checklist x 30
- Food & Drink Record Activity Sheet x 30
- Portable Foods Ideas fact sheet x 30

- 4. Diet and Disease (Heart health)**...A presentation on diet-related diseases in Australia, how they can be prevented, and how to manage them.

Nutrition Resources:

- Fact Sheet: Diet & Disease
- Food for a Healthy Heart x 30
- Healthy Living Pyramid Poster
- Food for Health—Dietary Guidelines for Australian Adults x 30

- 5. Food Labelling**...Do you know how to read a food label? This presentation is designed to equip participants with the skills to understand what is in food and how to select food products. The workshop goes through guidelines for making healthy choices of products in the different food groups, e.g. breads and cereals, dairy products and processed and canned foods. This is a virtual supermarket tour!

Nutrition Resources:

- The Healthy Living Pyramid Poster
- Choosing the right stuff x 3
- Fact Sheet: Demystifying Food Labels X 30
- Food Labelling Wallet Card x 30

**Other topics include:**

Healthy Ageing & Bone Health, Nutrition for Shift Workers, Nutrition Tips for Travelling, Teaching the Delivery of Nutrition to Culturally Diverse Groups, and Diet Dilemma (Dispelling the Myths)



## Workplace Health and Wellbeing Program

# ADDITIONAL WORKPLACE SERVICES

**Nutrition Australia is able to provide your organisation with additional services including:**

1. Health Displays
2. Cooking Demonstrations
3. Lunch and Learns: nutrition presentation and a cooking demonstration
4. Supply of Nutrition Australia Resources and Publications
5. Workplace Canteen/Cafe Menu Assessment

**To book or for further information please contact:**

Nutrition Australia NSW Division

ABN: 56 523 143 609

P: 02 4257 9011

F: 02 4257 9012

Email: [nsw@nutritionaustralia.org](mailto:nsw@nutritionaustralia.org)

