



Helping your people with healthy eating

A nutritious diet is essential for general good health. Not only can it lower the risk of heart disease, diabetes and some cancers, but it can also help people feel better in their daily lives — both at home and at work.

Healthy eating can help employees maintain their energy levels throughout the day, increasing focus and concentration. So how can business leaders encourage healthy habits in the workplace?



Provide equipment for meal prepping

If your workplace includes a kitchen, make sure it's well-equipped for employees to prepare healthy meals. Access to a fridge, microwave, kettle and toaster opens up dozens of nutritious lunch options for those bringing food from home.



Offer training and advice for employees

In a world of fad diets and detoxes, it can be difficult to make sense of nutritional advice. Help your people take control of their wellbeing by hosting [health screenings](#) or [training and webinars](#) in your workplace.



Encourage full use of lunch breaks

Frequent snacking can lead to overeating, so allow your employees plenty of time to prepare and eat proper meals at work.



Make meetings and celebrations more nutritious

Cake is a much-loved addition to any meeting or workplace event, but we should always try to incorporate healthier treats. Providing snacks that address common dietary needs will help your whole team feel more included.



Choose healthier vending machines

Vending machines don't have to mean crisps and chocolate. Consider switching to a healthier option or providing free fruit as an alternative to the usual snack drawer.



Lead by example to build a healthy culture

A [wellbeing-focused culture](#) can help people feel confident to make health-conscious choices for themselves.