

Your **SMART** 
SAFETY Moment

Healthy eating

Practice healthy eating habits.

Choose fish or lean cuts of meat. Opt for plant-based foods. Bring your lunch to work. Don't skip breakfast — there's always time for fruit. Drink lots of water throughout the day. Keep healthy snacks in your desk drawer. Avoid sugar.

Eating healthier gives you more energy and can help you maintain your weight.

And that's smart safety.

For additional information or guidance, contact your safety office.