

LOGGING/FORESTRY SAFETY SERIES

HEALTHY EATING IN THE WOODS

Photo credit: Cornelis F. de Hoop, PhD

Summary:

Eating on the job can be difficult if your office is in the middle of the woods. You may not be able to heat your food or have access to a refrigerator. The key is to load your pantry with the right foods and pack healthy, filling meals and snacks. Protein and nutrient packed foods give you energy and help you to stay productive at work. A thermos can keep soup or coffee warm, while an ice pack can keep yogurt, cheese, eggs and meat at the right temperature.

Discussion Questions:

1. What do you typically eat for lunch?
2. Do you snack during the day?

Take Home Message:

Eat This	Not This
Peanut butter on whole grain tortilla	Peanut butter and jelly on white bread
Roasted chicken	Fried chicken
Roasted turkey	Burger
Low sodium beef or turkey jerky	Hot dogs
Boiled eggs	French fries, onion rings
Low calorie soup in a thermos	Milk shakes
Protein bars	Candy
Whole grain cereal bars	Doughnuts, sugary cereal
Cottage cheese with fruit	Fruit snacks, snack cakes
Almonds	Cookies
Greek yogurt	Pudding
Hummus with raw veggies	Potato chips
Low fat cheese	Cheese crackers, fried cheese sticks
Water	Soda
Coffee (in moderation)	Energy drinks

