

Transport Safety Pack

HEALTHY AND SAFE FOOD CHOICES GUIDE

Eating right may be a challenge when you're on the road, but the effort will be well worth it.

You'll feel better – with more energy and vitality to stay safe and alert.

You'll look better – a healthy diet helps you to better manage your weight and is essential for healthy looking skin, hair and teeth.

You'll live longer – a healthy diet will reduce your chances of developing lifestyle diseases such as heart disease, diabetes and cancer which can all cause early death or disability.

Think of your body as a vehicle that requires good quality fuel to keep it functioning at its best!

A healthier diet means eating more:

- ∞ fruit and vegetables
- ∞ wholegrain breads and cereals
- ∞ lean meat
- ∞ fish per week (two serves a week)
- ∞ low fat dairy products

A healthier diet also means eating less:

- ∞ cakes and biscuits
- ∞ fat (particularly saturated fat, e.g. high fat red meats, salami, etc)
- ∞ sugar

Consuming fluids means drinking right.

- ∞ Choose water instead of soft drink.
- ∞ Limit coffee or tea to 5 per day.
- ∞ Limit alcohol to 2 drinks per day.

How?

Eating right doesn't mean you have to starve yourself, nor does it mean that you have to go without your tub of hot chips altogether! Try to eat a healthy, balanced diet five days per week. If you choose to treat yourself on the weekend, that's ok.

Quick, healthy snack ideas and money savers for the road include:

- ∞ Buying dried fruit and nuts in bulk and package up in containers to keep in the cab.
- ∞ Having low-fat muesli bars, low fat dry biscuits and low fat rice snacks are good options and can be bought at the supermarket to save money.
- ∞ Buying a selection of boxed fruit juice, long life low fat milk drinks and water – water is the best choice but variety is important too.
- ∞ Eating fresh fruit – snack on apples, bananas, mandarins or whatever you fancy.

Tips

Healthy snacking is important for keeping up your energy levels. Prepare your snacks on the weekend for the week ahead. Aim for snacks that are LOW IN FAT, LOW IN SUGAR and HIGH IN FIBRE to keep you going for longer.

And if you can't see what you're after at the truck stop just ask for it. You can make healthier food choices even from truck stops and takeaway outlets.

For more information

Contact:

- ∞ Your local doctor, dietician or nutritionist.
- ∞ Heart Foundation – Heart line: 1300 36 27 87.
- ∞ Nutrition Australia in your state or territory www.nutritionaustralia.org.
- ∞ Diabetes Australia Helpline: 1300 13 65 88.

Or visit:

- ∞ www.ntc.gov.au
- ∞ www.vicroads.vic.gov.au and www.arrivealive.vic.gov.au

This safety guide has been produced by the Transport Industry Safety Group with the support of VicRoads to improve the safety of transport workers. It is one of 18 Safety Guides and other important information including the TISG's 'A Guide to Occupational Health and Safety Transport Industry' that can be downloaded from www.vta.com.au



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