

Shift to Healthy Eating at Work



Keep Hydrated

Keeping hydrated at work will help you stay alert. Fluids are also needed for the body to digest food, cool down, and move nutrients and waste. Most adults need 9–12 cups of fluid per day.

Choose water to drink:

- Take a water break instead of a coffee break
- Serve water at meetings
- Carry your own water bottle
- Find water “boring”? – add flavour with lemon, lime, cucumber, fresh mint, or berries

