

# OUR MISSION

## *Healthy Life*



**THEME:**

**“WITH A HEALTHY HEART,  
THE BEAT GOES ON”**

**HEALTH CAMPAIGN**

**IN DRILLING & TECHNOLOGY DIRECTORATE 2016-17**

***Presentation on Healthy Life***

**Oil Drilling Catering Industry**

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MD- Reliance W.W. Catering Co.,  
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**RELIANCE**  
WORLDWIDE



**Reliance Worldwide Catering Company W.L.L.**

# Quick introduction to Healthy Eating



Who We Are?

A Healthy Diet and Our Body

Balanced Food & Health

Eight Tips For Eating Well

Healthy Eating Myths

Q&A



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## Health Umbrella under ONE ROOF

Who we are, the Industrial Catering Services hub tailored to your needs,,,

Abdulaziz Ahmad Al-Ghannam & Bros.

Abdul Aziz Saud Al-Babtain & Sons Co.



### Food & Consumer Goods



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" We Deliver The Best Of The World "

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[www.kapicogroup.com/Company/index.htm](http://www.kapicogroup.com/Company/index.htm)

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# A Healthy Diet and Our Body

If our bodies are human machines **food is our fuel**. How well we eat, affects how well our bodies work, and how long we live.

It is especially important that we eat healthily as required in the industry we live at, as we are still **developing**; a mind and body needs to have its **Barrier Booster** for our bodies to be healthy and competent.

A healthy **balanced diet** needs to consist of *different* types of foods and beverages that are properly balanced to sustain health and productively for the future of each one of us.



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Menus are designed according to the type of activities of the clients, taking measurement of health factors, productivity required and local environmental factors such as weather and Industrial health and safety factors.

**Measured recipes contain balanced:**

**Protein** (Muscles food)

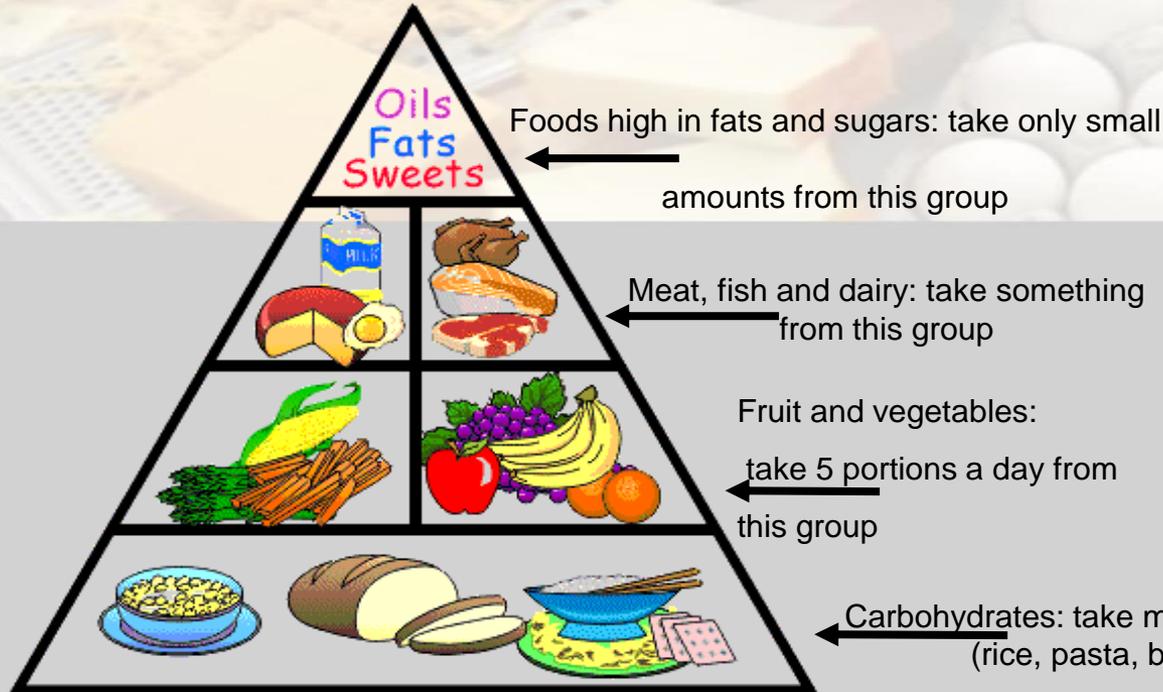
**Carbohydrates** (Brain food)

**Vitamins , Minerals & fibers** (Fresh vegetables & fruits)

**Fat** ( Found in sunflower oil & fresh olive oil)

**H2O** (Minimum 8 liters recommended during a working day in our work nature)

**Environmentally controlled process** from farm of origin to consumption



## 28 Days Sample Balanced Food Menu

B/FAST	SATURDAY	Weight
	Potato bhaji	100 gm
	Chappathi	200 gm
	Egg bhurgi	120 gm
	Oats	40 gm
	Assorted juices	180 ml
	Tea/ with milk	350 ml

LUNCH	SATURDAY	Weight
	Soup of the day	50 ml
	Veg. salad	100 gm
Veg.	Alu ghobi	100 gm
	Seasonal fruits	100 gm
	B/Rice or white rice	300 gm
	Fish curry Rohu	200 gm
	Dal	50 ml
	soft drinks	180 ml

DINNER	SATURDAY	Weight
	Soup of the day	50 ml
	Veg. salad	100 gm
Veg.	Sabji	100 gm
	Seasonal fruits	100 gm
	B/Rice or white rice	300 gm
	Chicken chilli	200 gm
	Dal	50 ml
	Assorted juices	180 ml

- Fruits and vegetables
- Bread, Rice, Potatoes, Pasta
- Meat, Fish, Egg, Beans
- Foods and Drinks high in fat and/or Sugar
- Milk and Dairy foods

# Eight tips for eating well

The following 8 tips will help us eat a balanced diet and keep our bodies healthy.



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# 1. Base your meals on Starchy Foods

We should eat plenty of breads, cereals, rice, pasta and potatoes to keep our bodies healthy.

These foods provide energy, as well as fibre, calcium, iron and B vitamins.

Starchy foods should make up 1/3 of our diet.



## 2. Eat lots of fruit and vegetables

Try to eat at least 5 portions of a variety of fruit and vegetables every day.

Fruit and vegetables provide lots of vitamins, minerals and fibre which our bodies need to function properly.



fresh



dried



juiced



frozen



canned

### 3. Eat more fish

Fish is an excellent source of protein and provides many vitamins and minerals.

It is recommended that we all eat 2 portions of fish a week, one of which should be oily. A portion of fish is 140g.

Oily fish, such as Mackerel, Rohu, Sardine, Tilapia and Pomfret, Seabass, Tuna & Humour Fish contains omega 3 fatty acids, which helps keeping our hearts healthy.



Tuna



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# 4. Cut down on saturated fat and sugar

Eating too much saturated fat can increase cholesterol levels and the chance of developing heart disease.

Avoid eating too many pies, pastries, hard cheeses, cakes and biscuits.

Too many sugary foods and drinks can contribute to health barrier.



## 5. Try to eat less salt (no more than 3g a day\*)



Keeping a normal blood pressure is important for your health. Eating too much salt may raise your blood pressure and lead to certain illnesses.

Even if you do not add salt to your food, you can still be eating a high amount of salt.

Much of the salt in our diet comes from processed foods such as bread, breakfast cereals, soups, sauces and ready meals.

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# 6. Get active and try to be a healthy weight

To achieve a healthy weight, we need to balance the energy we get from food with the energy we use up through activity.

How much energy we take in from food and how much energy we use up can affect our weight. If we take in the right amount of energy to meet our needs, we are said to be in energy balance and our weight will remain the same. If we take in more energy than we use up, the unused energy is stored as fat and we will gain weight i.e. saturated fat.



Activity such as walking, running or playing sport can help balance the Physical energy we get from eating balanced food to maintain a healthy weight.

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# 7. Drink plenty of water

Around 2/3 of our body is made up of water.

We lose water throughout the day when we sweat, breathe, walk, work and as exposed to weather conditions.

Drinking enough water each day helps prevent headaches and dehydration ( 8 x 500ml per day Min).

Remember not to drink too many soft or carbonated drinks that are high in sugar.

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# 8. Healthy Breakfast; Healthy Day!

Eating breakfast provides us with energy as well as some important nutrients that we need for good health.

If you skip breakfast, you are more likely to fill up on snacks that are high in fat and/or sugar as you get hungry before lunch.

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# Healthy Eating Myths

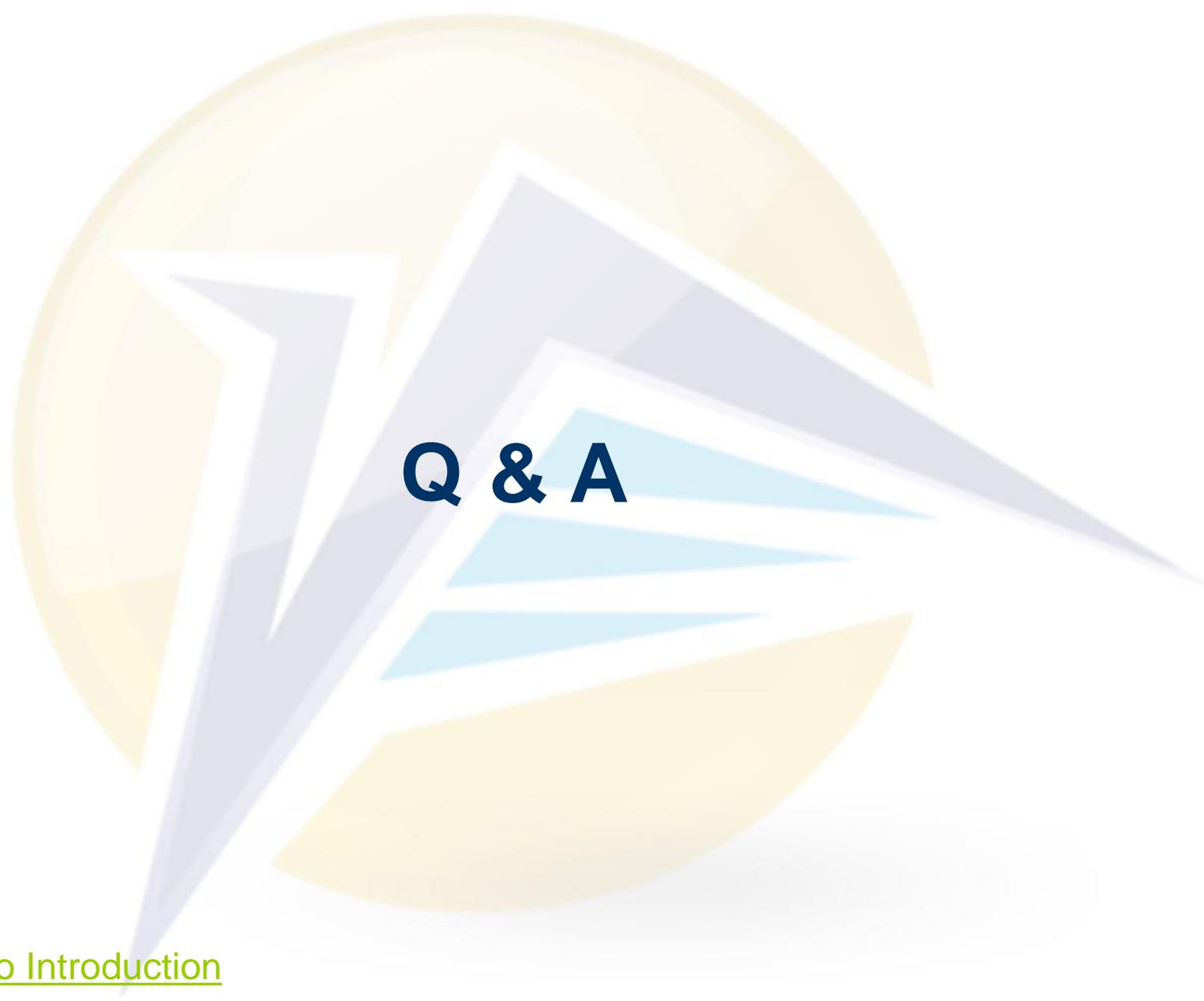
It doesn't matter what I eat as long as I do lots of exercise.

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# Healthy Eating Myths

It doesn't matter what I eat as long as I do lots of exercise.

Wrong! Exercise is good for you, but it still matters what you eat. Eating the right foods means we can think, live and work better too!



# Q & A

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