

**E n v i r o n m e n t a l , H e a l t h  
a n d S a f e t y N e w s**

**March 2014**

*W e ' r e P r o u d o f O u r W o r k*



**Safety First! All Day, Every Day -  
Our Families, Friends and Customers Depend On It!**

**Something to Think About!!**

A gentle answer turns away wrath, but a harsh word stirs up anger.

- Solomon



**National Nutrition Month**

**March is National Nutrition Month, so what is nutrition?**

**According to Wikipedia: Nutrition is the selection of foods, the preparation of foods, and their ingestion to be assimilated by the body.**

**According to nutrition specialist, by practicing a healthy diet, many of the known health issues can be avoided.**

In order for us to maintain healthy bodies it is important that we maintain a nutritional balance. Being in a nutritional balance means that you consume just the right amount of calories, macronutrients and micronutrients from your diet. In an optimal nutritional state, all of your nutritional needs are met without exceeding your caloric needs. Maintaining a stable healthy weight, having low blood cholesterol and healthy blood-pressure levels are just a few signs of being nutritionally balanced. If you notice sudden weight gain or lack of energy, it may be time for you to adjust your diet.

Some of the calories you consume support your basal metabolic rate, or BMR. These calories are required for basic body functions, such as breathing, digestion and central nervous system function. When your diet is nutritionally balanced, you have enough calories to support your BMR and enough leftover to meet your daily activities. Approximately 60 to 70 percent of the total calories you consume go toward your BMR, says the National Institutes of Health Office of Science Education. If you normally consume around 1,800 calories per day, more than 1,000 of those calories are needed just to keep your body running. It is important to have a



balanced diet and consume the right amount of calories so your system can function properly. The remaining calories you consume go toward supporting your daily activity level.

**Balanced Diet and Weight**

If you feel tired halfway through your workday, you may not be eating enough. If you are gaining weight, you might be eating too much. Either way, your diet is not balanced, and the calories you ingest do not match the calories you expend. It takes 3,500 calories from the food you eat to gain 1 pound of body weight. Losing 1 pound per week requires you to cut 500 calories from your daily diet, burn 500 calories per day or a combination of the two. Your diet is most likely in balance once you are able to maintain a stable weight.

Another component of optimal nutritional balance is getting adequate amounts of micronutrients. These types of nutrients, which are vitamins and minerals, are essential for bodily functions but do not provide calories. In order for you to get all of the micronutrients you need, you must consume a variety of foods from all food groups each day. Drinking a glass of low-fat milk first thing in the morning provides a large portion of your daily calcium requirements.

Grilled chicken breast and salad greens offers several key micronutrients, including iron, vitamin C and B vitamins. Aim to include some dairy, meat, vegetables, fruit and whole-grain foods at each meal. Split up your food groups and have a serving of fruit as a mid-morning snack, instead of eating it with breakfast.

**Healthy Eating**

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible—all of which can be achieved by learning some nutrition basics and using them in a way that

