



## OFFICE TREATS CAN ADD AS MUCH AS 1300 CALORIES PER DAY

It is all too common that unhealthy snacks are dotted around office spaces throughout the country. They can be found in the canteen, relaxation area, vending machine or break spaces. A little bite here and there has been shown to really add up.

A study showed that 25% of employees consumed food from work once per week, with the average caloric intake being 1300 calories. Surprisingly it showed that 70% of this consumption came from free food such as birthday cake and other treats left in communal spaces.



Employees spend on average 8 hours each day in the workplace, making calorie intake easy to underestimate. Depending on the calorie intake consumed out of the workplace, these extra 1300 calories each day can lead to gradual weight gain over time.

It has also become clear that if free food is unhealthy, people are more willing to indulge. Weight gain and obesity has been linked to seven of the top 10 leading causes of death. These include type 2 diabetes, heart disease and certain cancers. Unhealthy weight gain also has a detrimental impact on the long and short-term productivity within a workforce, leading to increased absenteeism.

### How can this be improved?

- Request that customers/providers reduce the amount of high sugar, high fat foods they gift to the workforce and ask them to replace this with fruit
- If your workplace seems to have an on-going number of birthday cakes suggest this is limited to one day each week such as cake Friday.
- Create opportunities for health and wellbeing champions to drum up interest, knowledge and enthusiasm among the workforce through educational posters. Ask us for our free nutrition toolkit.
- Organise lunchtime exercise such as a walk or football. Those who take regular exercise tend to indulge less in unhealthy foods.

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