

NUTRITION FACT SHEET

NAVIGATING THE BUFFET



Living away from home as a remote worker often means relying on buffet-style dining for your meals. Whilst buffets offer a diverse array of choices, they can also encourage unhealthy eating habits. In this fact sheet, we explore practical tips to help you make balanced, healthy choices when at the buffet.

KEY MESSAGES

- ✔ Whilst buffets offer a variety of choices, the almost endless food choices can at times lead to overeating.
- ✔ Some tips to navigating the buffet include prioritising vegetables, choosing lean proteins and including whole grains.
- ✔ The plate model can help to keep meals balanced when at buffets. Aim for $\frac{1}{2}$ the plate of non-starchy vegetables, $\frac{1}{4}$ plate of carbohydrates and $\frac{1}{4}$ plate of lean protein.

NUTRITION TIPS FOR NAVIGATING THE BUFFET

Survey the Buffet - Before grabbing your plate, take a walk around the buffet to see all the menu options available. This helps you to make deliberate choices rather than impulsive ones.

Prioritise Vegetables - Include a variety of different coloured vegetables to ensure a range of nutrients. Opt for steamed, grilled, or raw vegetables, and avoid those in heavy sauces or butter.

Mind Portions - Buffets can lead to overeating. Use smaller plates if available and eat slowly.

Add Fruit For Dessert - Choose a serving of fresh fruit for a nutritious and naturally sweet end to your meal. Steer clear of fruit in syrup or desserts with added sugar.

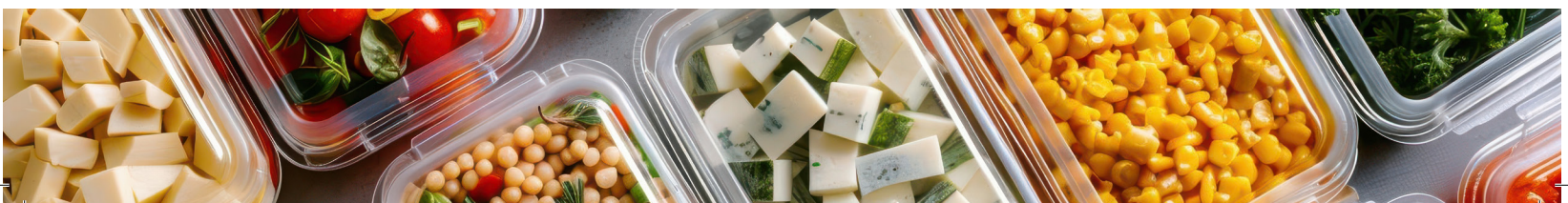
Limit Unhealthy Options - Avoid fried foods, creamy sauces, and sugary desserts. If you indulge, do so in moderation.

Stay Hydrated - Drink water with your meals to stay hydrated and help control hunger. Avoid soft drink and other sugary beverages that add empty calories.

Healthy Starters - Begin with a salad or vegetable soup to help fill you up and reduce the likelihood of overeating high calorie foods.

Taste First - If you're tempted by a high calorie dish take a small portion first. If you still want more after finishing your balanced plate, then go back for a little extra.

Limit Sauces and Dressings - Use sauces and dressings sparingly. Opt for vinaigrettes or dressings on the side to control the amount used.



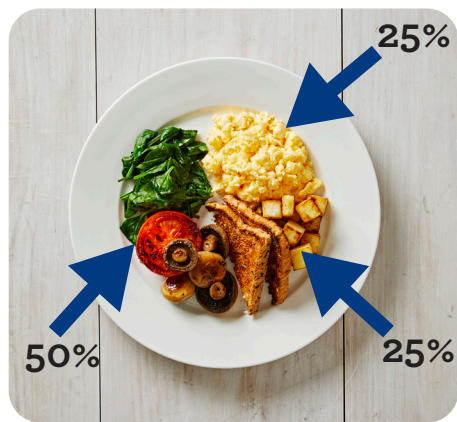


BALANCING MACRONUTRIENTS

The plate model is a simple and effective way to ensure you're getting a variety of nutrients and can help to keep meals balanced. It divides your plate into three sections.

1. Vegetables (½ of your plate)
2. Protein (¼ of your plate)
3. Carbohydrates (¼ of your plate)

A BALANCED HOT BREAKFAST PLATE



VEGETABLES:

- **Variety is Key** - Aim to fill half your plate with a variety of different vegetables. This ensures you get a range of vitamins, minerals, and antioxidants
- **Preparation Methods** - Opt for steamed, grilled, or raw vegetables to preserve their nutritional value. Avoid those covered in butter or heavy sauces which are higher in calories and/or unhealthy fat.



Healthy Food Guide

PROTEIN

- **Types of Proteins** - Choose lean protein sources such as lean red meat, chicken or fish, beans, tofu or legumes. Avoid processed meats such as sausages, bacon and salami.
- **Portion Size** - A good rule of thumb is a serving about the size of your palm.
- **Variety** - Aim to incorporate different protein sources (red and white meat, fish, as well as vegetarian protein sources) to ensure you get a mix of essential amino acids.

CARBOHYDRATES:

- **Healthy Choices** - Choose higher fibre carbohydrates such as whole grain bread, rolled oats, pasta and quinoa. Limit processed carbohydrates such as white bread.
- **Portion Control** - Keep your carbohydrates to a quarter of your plate to avoid overconsumption of calories.



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