

PSO hired the consultancy services of M/s. Nutritional Health Consultants in order to provide guidance on Healthy diet so that employees can eat healthy food and perform activities in an effective and efficient manner.

Following are the tips for healthy living:

- When planning a menu, ensure staple products such as milk, cheese, spreads and sauces are low in fat and food like breads and cereals are rich in fiber
- Limit use of high-fat spreads
- Ensure low-fat cooking
- Read labels and check prepared recipes to see that they are healthy to eat
- Ensure fruits and vegetables are included daily on lunch and snack menus (this may include using canned and frozen options if the fresh version is not in season)
- Include a variety of different food textures and colors (for example, both raw and cooked vegetables and fruits)
- Consider the serve sizes, as employees are of varying ages and appetites. Some employees prefer to eat in a small snacking pattern, so half-sizes of healthy meals are a good idea

