# Diet – Picture This



What’s wrong in this picture? There is an office worker eating pizza while working on his computer, this is not a healthy food and he should not eat while he works. For many of us the office has become our dining room, with at least one-third of our daily calories consumed while at work. The problem is that most of it is not what nutritionists would describe as a healthy, balanced meal.

If you tend to keep guards on unhealthy foods down at workplace, you may be at an increased risk of diabetes and cardiovascular diseases, compared with those who eat healthy food, says a study.

Employees who purchased the least healthy food in the cafeteria were more likely to have an unhealthy diet outside of work, be overweight and/or obese compared with employees who made healthier choices.

Professor Carl Cederström, co-author of 2014 book The Wellness Syndrome, argues that workplace wellness and healthy eating programs can blur the line between life and work.