

EAT SMART PROGRAM

Tell me about the Eat Smart program?

The Eat Smart program has the aim of inspiring everyone to eat more healthily so you can feel your best and enjoy a better quality of life. The site contains educational modules that will include relevant information and videos.

Who is it for?

The Eat Smart program is relevant to everyone irrespective of their age, fitness level or what role they have within the NSWPF.

What topics will be covered in Eat Smart?

The program will provide practical information on nutrition basics, decoding food labels, successful weight loss strategies, shift work, fruit and vegetables, and hydration and alcohol.

Why should I get involved?

The food we eat has a significant impact on how we feel, how well we sleep, our mood, how we cope with stress and daily energy levels. So look out for the Eat Smart program this year and take this opportunity to get involved and make some positive changes to your lifestyle.



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Eat Smart

Healthy eating doesn't need to be complicated. Having the right knowledge of basic nutrition principles and behaviours can set you up for a life time of good health.

Making smarter food choices is all about balance and moderation.

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