



# United Taxi Workers HEALTH BULLETIN

March 2012

No. 1

March is **National Nutrition Month**. By maintaining a healthy diet, you can prevent certain chronic diseases such as type 2 diabetes and cardiovascular disease.

## Healthy eating *ON THE MOVE*

***Drivers are always on the move. But it's easier than you think to eat healthy!***

### **Have a good breakfast to start your day.**

A healthy and balanced breakfast will give you enough energy to get through the busy hours. Try to include whole wheat chapatti, oatmeal, toasted whole grain bread with egg whites, and unsweetened chai with low-fat milk.

### **Choose your meals carefully!**

When eating out, avoid anything fried. Look for dishes that are grilled, steamed, or baked, and skip anything covered in creamy sauces and dressings.

### **Watch your portion sizes!**

Our bodies need small, nutritious meals, throughout the day to give us energy. If you feel "stuffed" after your meal, you've eaten too much!

### **Keep healthy snacks in your car!**

Nuts, seeds, trail mix, and sliced raw vegetables and fruits (like apples, baby carrots, etc) are all good choices. Avoid fried salty snacks such as bhujia, sev, chirva, and chips.

### **Thirsty?**

Be sure to drink plenty of water during the day. Add lemon slices for flavor and nutrients. Beware—soda, juice, shakes and sweet teas are full of sugar and calories. Instead, choose fat-free or low-fat milk or unsweetened tea.

### **You don't have to give up the foods you love!**

Here are some tips to help you decide what to choose when visiting your favorite restaurants. Talk to your waiter and ask about the ingredients used in the preparation of your meal. Don't be afraid to customize. Start by asking for less oil, butter, more vegetables, grilled chicken or fish, and steamed rice.

#### **Choose:**

- Whole wheat pita or whole wheat injera
- Brown rice dishes
- Chicken and seafood dishes
- Vegetable dishes
- Low-fat yogurt sauces
- Foods prepared in Meat sauce/curry, Sukhar, and Kabaab

#### **Avoid or have less often:**

- Anjarro made of white flour, Malawa, Chapathi, Roti Shanai, and Halwa
- White rice dishes
- Anything deep fried – Sambussa, Burr, fried fish, High fat beef and lamb dishes, Burkaki, and Maqhumri
- Creamy sauces

UTWSD Health Bulletin is part of a one year partnership with **Foundation for Change** to offer an Immigrant Worker Health Initiative to the under-served taxi driver community.



Foundation for Change

## Your Health Matters!

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