

EatWell

Eating is one of life's great pleasures and our Eatwell campaign is here to help you enjoy great tasting healthy food at work.

We all know that eating a healthy, balanced diet is an important part of maintaining good health as well as helping us feel at our best. Research shows that eating a variety of foods can help us manage our weight, improve general wellbeing and reduce the risk of heart disease, stroke, some cancers, diabetes and osteoporosis.

All we need to do is eat sensibly, choosing a range of foods, in appropriate proportions and keeping an eye on portion sizes.

Look out for our range of Eatwell dishes – delicious hot food which has been devised to be lower in total fat, saturated fat, salt and sugar.

Our aim is to make the healthy choice the easy choice, so there will still be fish and chips on the menu but we're confident the Eatwell dish will look even more tempting.

Simply look for the Eatwell logo



Foods with the Eatwell logo;

- Contain at least one portion of fruit or vegetables
- Are almost all Low for total fat, saturated fat, sugars and salt – using the Food Standards Agency traffic light system.

Eatwell is the result of excellent collaborative work between Cardiff School of Health Sciences, Catering and Hospitality Services and the Workplace Health and Wellbeing Group.

The aim of the work stems from the **Cardiff Met [Workplace Health & Wellbeing Strategy](#)**:

The strategy has been developed in light of the University's continual commitment to improve performance in health and safety and also in its commitment to health promotion by encouraging the adoption of healthier lifestyles.

Specifically, one of the key goals of the strategy is to 'provide supportive mechanisms to enable individuals to make informed health oriented lifestyle choices'.

Research

The department of Food, Nutrition and Dietetics in Cardiff School of Health Sciences has undertaken analysis of the hot food recipes used by the University's Catering & Hospitality Service, and together they have developed a range of Eatwell healthier 'hot food' choices, that will be available everyday alongside the core menu ranges.

In addition to the hot food choices there are many other product lines that naturally fall within the criteria, making it even easier for you to make that easy choice.

Eatwell will be launched on the 11th June, with a week planned with lots of tasty and informative events taking place in the University Catering outlets at each campus.

This will include TBC

A Sushi demonstration and tasting

Cooking demonstrations, tasting and free recipes

Food and Drink exhibitions??

