



Government
of South Australia

SA Health

Fuel right, function better!



For optimal performance now
and in the future:

- Aim for 2 serves of fruit and 5 serves of vegetables a day
- Avoid junk and takeaway foods
- Have three meals a day, limit the snacks
- Drink plenty of water and go easy on the sugary drinks
- Limit fatty and processed meats (eg. sausages and bacon)

For more information:
www.sahealth.sa.gov.au/healthyworkers

**HEALTHY
WORKERS
HEALTHY
FUTURES**