

Week 2: Healthy Eating

The team began with a taste test to see if we could tell the difference between:

Diet lemonade vs original

Reduced sugar chocolate vs original

Lower fat mayonnaise vs original

We also discussed whether we would be willing to swap the 'healthier' versions for the originals.



After that we had a lovely healthy meal which included all of our 5 a day and talked about various areas of healthy eating. We covered portion sizes, the importance of drinking plenty of water and also looked at what the equivalent of 1lb and 5lb of fat are—we were pretty shocked!

The staff fruit bowl was also introduced as a regular addition to our health and wellbeing at work.

