

## Health Threats at Work

"Some people sip coffee all day and that can result in too high a caffeine intake. Excessive caffeine increases the heart rate, forcing it to work harder and harder all day long," the dietician explained.

Black coffee is actually better than white, but in case some people find it too bitter to drink, some recommends artificial sweetener instead of sugar. Coffee aficionados are recommended to limit their coffee intake to no more than two cups per day.

Another problem that has become more common among office workers is skipping meals, especially breakfast.

Skipping breakfast is the worst idea of all as breakfast has always been said to be the most important meal of the day, To prove it, let's take a closer look at our normal evening routine. For example, we have dinner at 6pm and go to bed at, say, 11pm. Then we wake up at 6am the following morning. We've already fasted 12 hours; if we then skip breakfast, it means that we aren't giving our brains and bodies enough food.

Many people do not feel hungry after missing breakfast. This is because with no food the liver resorts to its stored reserves, since the central nervous system and the body have already started working. The later we have breakfast, the more the liver's supplies are depleted, which can lead to an overwhelming feeling of fatigue.

Without breakfast, there is insufficient fuel to the brain and central nervous system. Thus, skipping breakfast is like destroying your own brain cells.

Can eating a big dinner be the solution so that the body will store nutrition from dinner use the next morning? Having too much dinner forces the body to work harder, because after dinner, the body is less active than during the daytime. Moreover, vitamins and minerals that exceed the body's requirements will be expelled rather than stored, while fat and carbohydrates will be stored, resulting in obesity.

For those who are not habitual breakfast eaters, the nutritionist suggested that they start with something small each morning and gradually work their way up to a healthy breakfast. A good way to break the habit of skipping breakfast is to perhaps drink a glass of milk with a slice of whole-wheat bread and some fruit.

Snacking and nibbling all day is another cause of bad health among office workers. Snack foods, such as crisps, corn chips, crackers and cheese rings, are mostly too salty. Too many high-fat, salty snacks, means a high saturated fat diet. Even fat-free snacks, when eaten in sufficient quantity, can be harmful to the health, because it is easy to exceed recommended daily calorie requirements.

Managing between-meal snacks is therefore as important as managing our main meals, especially for overweight people. The easiest way to do this, the dietician advised, is not to eat too many snack foods. However, following this simple recommendation might be too difficult for snack lovers. Office workers addicted to between-meal nibbles should try to reduce the quantity they eat at meal times, to maintain the appropriate level of daily calorie intake. Eating fruit between meals is fine, but avoid dips that are too sweet or too salty. Diabetics should also keep away from eating too much fruit during the day.

To the dietician, dietary balance is the key in keeping oneself healthy.

"In each meal, try to eat not only fat, carbohydrate and protein, but also minerals and vitamins which come mainly from fruit and vegetables. Office workers should try to find time to cook their own meals at least once a day using natural flavourings such as pepper, ginger, garlic and five-spice powder instead of artificial flavour enhancers."

Proper dietary practice is just one step on the path to a healthy life. Regular exercise is also vital. The fundamental rule, Those who want to stay healthy should spare the time to look after themselves.

"Modern people always say that they are too busy to cook, too busy to take regular exercise. Being too busy and being too lazy, to me, are two different things. I think people these days are too lazy to mind take care of themselves. So being too 'busy' is no excuse. You say you don't have time to eat healthy food, or to exercise, but you always find time to talk to friends on the phone for hours. Ask yourself whether or not this is reasonable."