

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Proper Nutrition

- Good nutrition is among the key cornerstones of health.
- At least four of the ten leading causes of death in the U.S. are directly related to the way we eat.
 - Heart disease
 - Cancer
 - Stroke
 - Diabetes
- Eating right should be part of an overall healthy lifestyle, which also should also include:
 - Regular exercise
 - Avoiding excessive alcohol drinking and smoking
 - Stress management
 - Limiting exposure to environmental hazards
- The keys to good nutrition are balance, variety and moderation.
- No single food or food group can provide all of the essential nutrients your body needs, so eating a variety of different foods is important.
- To stay healthy, your body needs the right balance of the three main components of nutrition:
 - Carbohydrates
 - Fats
 - Protein
- Vitamins and minerals are also essential to good nutrition.

Notes:

Instructor Tips

- **Ask workers to give examples of different types of foods that provide carbohydrates, fats, and proteins.**
- **Explain that the number of calories an individual needs depends on; age, sex, size, and amount of activity.**
- **Explain that active men should consume around 2,800 calories a day.**
- **Ask workers to explain why they eat the way they do, and how their diets affect their health.**

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