

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Dietary Guidelines

- Drink 6 to 8 glasses of water a day.
- Be mindful of portion sizes. Don't overeat.
- Eat a variety of fruits (3 servings/day) and vegetables (4 to 5 servings/day) to provide you with energy, protein, vitamins, minerals and fiber.
- Balance your diet with physical activity to maintain or improve weight, and to reduce your chances of high blood pressure, heart disease, stroke, certain cancers and diabetes.
- Choose a diet with plenty of grain products (6 servings/day), to provide you with necessary vitamins, minerals, fiber, and complex carbohydrates, and to help you lower your fat intake.
- Choose a diet low in fat, saturated fat, and cholesterol to reduce your risk of heart attack and certain cancers, and to help you maintain a healthy weight.
- Choose a diet moderate in sugars.
 - A diet with lots of sugars has too many calories and too few nutrients, and can cause tooth decay.
- Choose a diet moderate in salt and sodium to help reduce your risk of high blood pressure.
- Drink alcoholic beverages in moderation.
 - Alcohol supplies calories, but little or no nutrients.
 - Alcohol is also the cause of many health problems and accidents, and can lead to addiction.

Notes:

Instructor Tips

- **Ask workers what foods can help lower cholesterol levels. (Answers can include: oats, whole grain cereals, fruits and vegetables, whole wheat bread, lean meats and chicken, and salmon, tuna, swordfish, trout.**
- **Ask workers if they have problems with cholesterol, diabetes, or sodium, and if so, what measures do they take to control them?**
- **Ask workers what foods can be add to their diet to give them more variety.**

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DIET (7)