

Over 3 million Canadians, or 8.9% of the population, have diagnosed diabetes and, after adjusting for the aging population over time, the prevalence has been increasing at an average rate of 3.3% per year.

Poor nutrition could cause:

- Obesity
- Tooth decay
- High blood pressure
- High cholesterol
- Heart Disease
- Diabetes

Some strategies that can be used to improve your nutrition are:

1. Listen to your body.
2. Find simple ways to eat more mindfully.
  - Take your time eating.
  - Cook at home more often.
  - Try to have a vegetable with every meal. Don't like veggies? Substitute it for a protein shake.
3. Snack the smart way.
  - Try planning ahead.
  - Pack nutrient-rich protein or fibre.

Come up with healthier options to replace those cravings.

- Replace salty potato chips with air fried kale with a little bit of salt.
- Switch deep fried food with air fried food.
- Instead of milk chocolate try dark chocolate.
- Substitute regular pop with zero sugar pop.

More information and resources

- If you would like to take that first step in learning about your eating habits or improve your general health. Click [HERE](#) To find a Dietitian near you!
- [Government of Canada](#)
- [Government of South Australia](#)

*Do you need more information? RPM can help!*

Professional drivers face a lot of barriers that make it difficult for them to exercise, eat well, and live a healthy life on the road. In recognition of the unique challenges drivers face when it comes to maintaining a healthy lifestyle, RPM: Trucking Industry Safety will be focusing on health - physical and mental - for our 2023 RPM Speaker Series.



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