

Follow a balanced diet

A balanced diet for a healthy mind.



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WHY IT MATTERS

A balanced diet for a healthy mind

A balanced Mediterranean-based diet of fruit, vegetables, wholegrains, legumes and healthy fats contains nutrients and antioxidants that support brain health.

Eating healthy, balanced meals at work nourishes your body and gives you the physical and mental energy to get through the working day.

The Mediterranean building blocks



Fruit and vegetables



Wholegrains



Legumes, such as beans, lentils and chickpeas



Healthy fats, such as olive oil, nuts and seeds

SMALL STEPS

Make smart choices when planning your work lunch



Swap processed snacks

Reduce processed snacks and packaged foods, and swap them for healthier options.

Simple swaps ideas →



Choose water

Avoid sugary drinks and make water your drink of choice.

Ways to make water tasty, without added sugar →



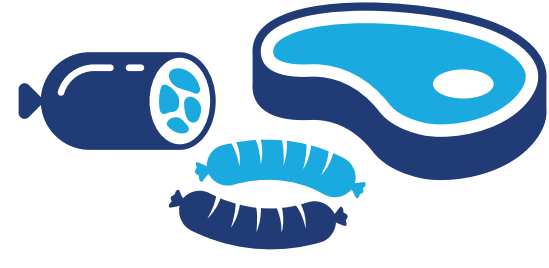
Moderate dairy

Opt for unsweetened fermented foods such as kefir, yoghurt and cheese.



Fill up on plants

Fill your lunch with whole plant foods and a variety of colourful fruit and vegetables.



Limit red and processed meat

Limit red meat, and avoid or limit processed meats.



Pick lighter proteins

Focus on plant-based proteins, as well as eggs, lean poultry or fish such as salmon, mackerel and sardines.



Prioritise healthy fats

Oily fish, olives, nuts and seeds are great for brain health.



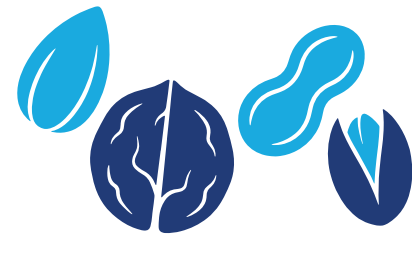
Choose wholegrains

Try brown rice, barley, oats and quinoa.

SNACK SMART

Healthy snack ideas for the workday

Keeping a few healthy options within reach makes it easier to skip the vending machine when energy dips.



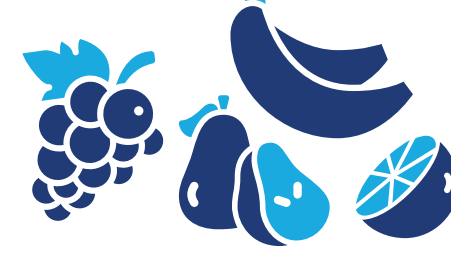
For your desk drawer

- **Unsalted nuts**
A small handful, such as almonds, walnuts or pistachios
- **Seeds**
Pumpkin or sunflower seeds, on their own or mixed with nuts
- **Wholegrain crackers or galletti**
Choose ones with a short ingredient list
- **Roasted chickpeas**
A crunchy swap for crisps



For the office fridge

- **Plain yoghurt or kefir**
Add fresh fruit, nuts or a sprinkle of oats
- **Hummus or bigilla**
With carrot, cucumber or pepper sticks
- **Boiled egg**
Prepare a few at the start of the week
- **Gbejniet or a little cheese**
With cherry tomatoes and a



To grab and go

- **Fresh fruit**
Apples, oranges, bananas, or seasonal figs and grapes
- **Cherry tomatoes and olives**
A taste of the Mediterranean in a small pot
- **Robż biż-żejt bite**
A small wholegrain slice with tomato, capers and olive oil
- **Water with a twist**

Simple snack swaps

More swaps in our **Simple Swaps** poster →

INSTEAD OF BISCUITS

TRY A handful of unsalted nuts



INSTEAD OF CRISPS

TRY Roasted chickpeas or veg sticks with hummus



INSTEAD OF FLAVOURED YOGHURT

TRY Plain yoghurt with fresh fruit



INSTEAD OF FIZZY OR SUGARY DRINKS

TRY Water with lemon and mint



PLAN AHEAD

Six steps that make meal planning easier

A little preparation saves time, money and stress during a busy working week.

1

Prepare your containers

Ideally glass, or stainless steel for meals you will not reheat. If you use plastic, make sure it is BPA-free.

2

Make a weekly meal plan

Keep a list of healthy recipes you can choose from.

3

Write your ingredient list

See what you already have and buy only what you need.

4

Plan your shopping trip

Take your list, and choose foods close to their natural form or with a short ingredient list.

5

Set a time to prepare

Once a day for the next day's lunch, or every few days to batch cook.

6

Handle food safely

Handle, cook, store and reheat food safely.

Food safety tips →

REMEMBER

Nutrition does not need to be complicated



Eat regular meals

To maintain your energy and focus.



Keep meals balanced

Include vegetables and fruits, wholegrains, healthy fats and protein from plants, lean poultry, eggs or oily fish such as salmon, mackerel, or sardines.



Stay hydrated

Drink plenty of water throughout the day.

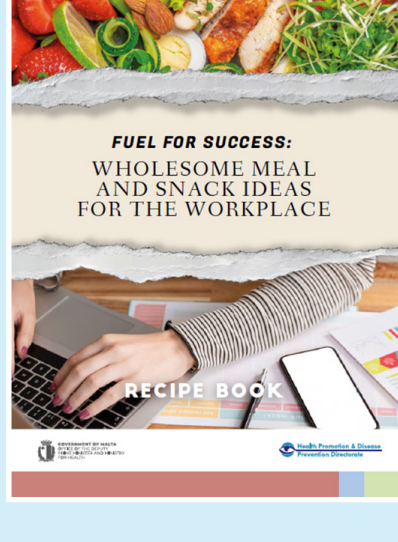


Plan and prepare

Plan your work meals and snacks to reduce stress, save time and have healthy food ready for your workday.

RECIPES AND RESOURCES

Plenty of help to plan a healthy work lunch



COMING SOON

Snacks ideas for the workplace recipe book

Our latest recipe book full of ideas for healthy and balanced work lunches.

More recipes and information leaflets

Think Before you Eat: Ultraprocessed Foods
Download (PDF) →

Cook Healthy Stay Healthy
Download (PDF) →

The Go-To-Guide for Healthy Meals and Snacks
Download (PDF) →

Serving Sizes
Download (PDF) →

Simple Swaps
Download (PDF) →

Tasty Food for Better Health
Download (PDF) →



Need support?

If something is affecting your wellbeing at work, you do not have to manage it alone. Talk to your manager, HR or occupational health team.

Find more healthy lifestyle resources

hpd.gov.mt