



## HEALTH

### *tips&tricks*

#### *Limit sugary drinks*

Instead drink water with a flavour of lemon, orange juice or cucumber. Very tasty and refreshing.

#### *Eat more slowly*

Some quick weight control tips when being on board of a ship: be active, choose smaller portions and eat more slowly.

#### *Potatoes should be eaten sparingly*

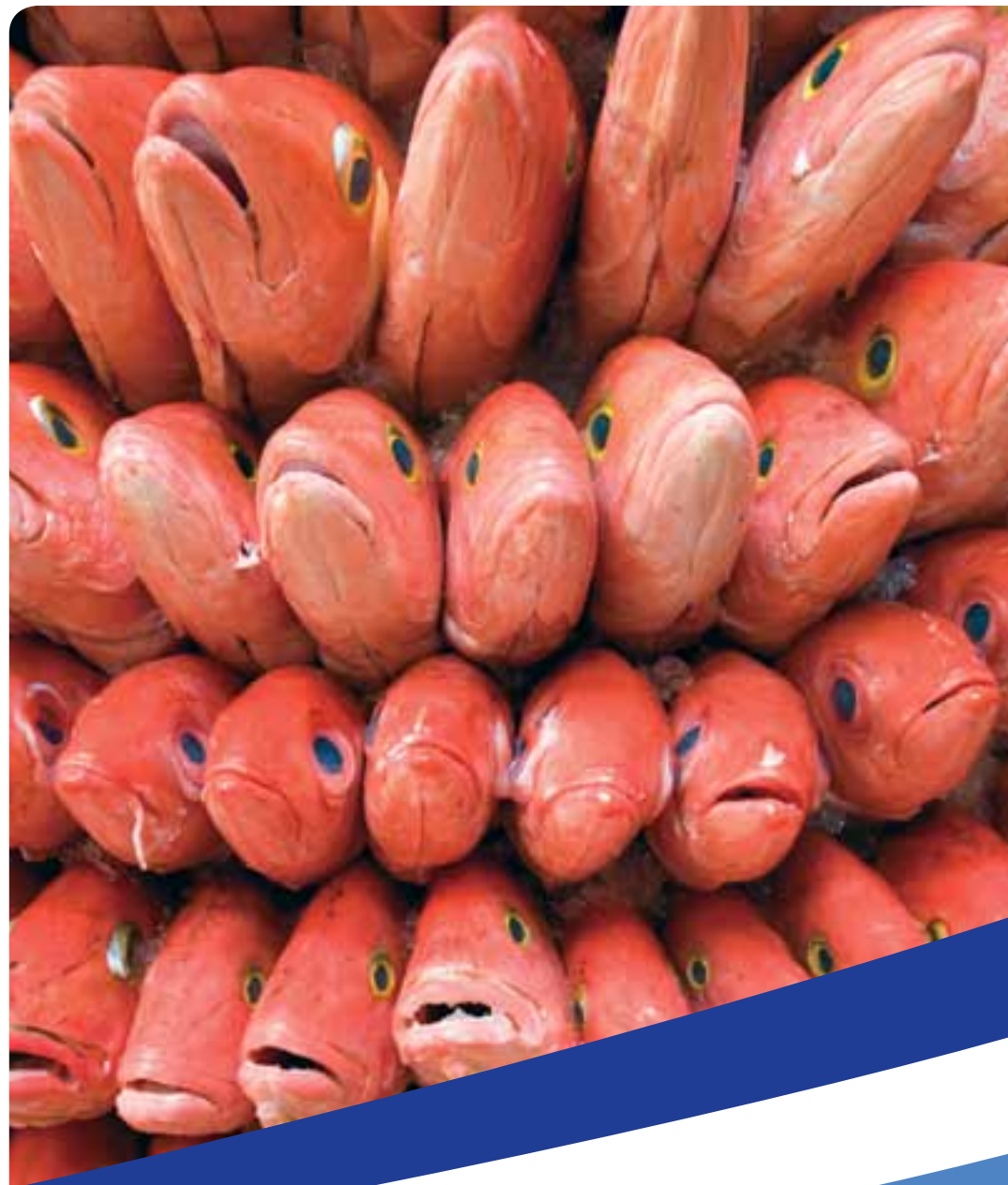
Potatoes are very nutritious but contain a lot of starch. As consequence they are not counted as a health-improving vegetable.

#### *Eat fresh fruit & vegetables*

Make sure to put fruit, that needs to be consumed, in sight of the crew.

### HEALTHY CREWS RUN BETTER SHIPS

- **Using too much frying oil** and heating it on too high of a temperature is bad for your health and might cause cancer in the long run.
- **Use fresh vegetables** before you use frozen ones. Try to avoid tinned vegetables as much as possible, because the amount of nutrients in tinned food is very limited.
- **Too much meat isn't healthy.** Try to offer a nice variation in the dishes you serve, to make sure the crew gets all the vitamins and minerals they need to stay/become healthy.
- **It is important to make a sanitation plan.** Beside the usual daily cleaning tasks, try to add extra cleaning jobs to your list, examples: Monday: dry stores, Tuesday: refrigerator, ... This way everything stays clean.



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