



Nutrition social media tiles post. Copy guide.





Healthy Heads in Trucks & Sheds has developed social tiles to educate, raise awareness, and inspire individuals in our sector to make healthier food and drink choices for themselves and their workplaces.

Browse through this PDF to find the suggested copy guide for each tile.
[Click here to download the tiles.](#)

Other nutrition resources include:

- [Better Nutrition for Truck Drivers](#)
- [Nutrition in the Workplace](#)
- [Posters, Checklists, Infographics & Recipes](#)

Mealtime?
**Swap burgers and
pies for healthier
alternatives.**

**Enjoy a freshly made
sandwich or wrap!**



Swap burgers and pies for healthier alternatives.

Post:

Fresh sandwiches or wraps with lean meats and salad are a great alternative to burgers and pies. Grabbing a ready-made sandwich from the servo fridge is just as convenient too! Click the link to discover more beneficial meal swaps and additions today:

<https://www.healthyheads.org.au/wp-content/uploads/2024/10/Swap-This-For-That.pdf>

Craving a snack?
**Swap lollies and
chips for healthier
alternatives.**

Grab a nut mix, cheese
and crackers, or fruit
and yogurt.



Swap lollies and chips for healthier alternatives.

Post:

Need a quick, convenient snack? Grab a nut mix, cheese and crackers, or fruit and yogurt instead of lollies and chips! Click the link to discover more beneficial snack swaps and additions today:

<https://www.healthyheads.org.au/wp-content/uploads/2024/10/Swap-This-For-That-2.pdf>

Pack a healthier esky.

Use a variety of foods from the **five food groups**.



Pack a healthier esky.

Post:

Packing a healthy esky made easy. Include the five food groups – fruits, vegetables, grains, protein, and dairy. Add items like boiled eggs or tinned fish and pick up a salad kit from your local supermarket. For more tips on building a healthy esky, check out this guide: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Guide-to-a-Healthier-Esky.pdf>

Create a healthier tearoom.

Keep your staff healthy and alert with nutritious snacks.



Create a healthier tearoom.

Post:

Employees eat half their meals and snacks at work. Keep them healthy and alert by stocking your tearoom with nutritious nibblies, such as lightly salted popcorn, fruit and nut mixes, and fresh fruit. Click the link to learn how to create a workplace that supports healthy eating: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Guide-to-a-Healthier-Tearoom.pdf>

Eat better on the road.

Aim for $\frac{1}{4}$ plate of protein, $\frac{1}{2}$ plate of vegetables and $\frac{1}{4}$ plate of wholegrain bread/cereals.



Eat better on the road.

Post:

If you are packing food to take with you or buying a meal on the road, you should always aim for $\frac{1}{4}$ plate of protein, $\frac{1}{2}$ plate of vegetables and $\frac{1}{4}$ plate of wholegrain bread/cereals. Great protein options include shredded chicken, canned fish, and boiled eggs, while whole grains can be met with wholegrain bread, wraps, pasta, or brown/black rice. For vegetables, try stir-fried, steamed, or raw salads like lettuce or coleslaw mixes. Click the link to learn more about building a healthy meal: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Meals-on-the-Road.pdf>

Map out your day of food.

Have healthy, ready-to-eat items to power through your shift.



Map out your day of food.

Post:

Whether you're on the road or in a shed, make sure you have healthy, ready-to-eat items to power through your shift. Pack some fruit, a yoghurt pouch, some veggie sticks and hummus, and wholegrain crackers. Click the link to learn how to best map out a day of food: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/A-Day-of-Food-Mapped-Out.pdf>

The formula to building a healthy meal is simple.



1 wholegrain carbohydrate



+ 1 protein



+ a truckload of veggies!

The formula to building a healthy meal is simple.

Post:

How do I make sure my meal is healthy? The formula is simple: 1 wholegrain bread or cereal + 1 lean meat or alternative + a truckload of veggies = a healthy meal. Click the link to learn more about this simple formula that keeps your meals healthy, every single time:

<https://www.healthyheads.org.au/wp>

[content/uploads/2024/10/Building-a-Healthy-Meal.pdf](https://www.healthyheads.org.au/wp-content/uploads/2024/10/Building-a-Healthy-Meal.pdf)

Build a better lunchbox.

Aim for $\frac{1}{4}$ plate of protein, $\frac{1}{2}$ plate of vegetables and $\frac{1}{4}$ plate of wholegrain bread/cereals.



Build a better lunchbox.

Post:

When building your lunchbox or plating up a meal, remember these simple rules - aim for $\frac{1}{4}$ plate of protein, $\frac{1}{2}$ plate of vegetables and $\frac{1}{4}$ plate of wholegrain bread/cereals. Click the link to learn how to eat better on the road or in the shed:

<https://www.healthyheads.org.au/wp-content/uploads/2024/10/Meals-on-the-Road.pdf>



**Not all
ready-to-eat
options are
created equal.**



**Aim for more fibre, and less sugar,
sodium, and saturated fats.**

Not all ready-to-eat options are created equal.

Post:

Not all ready-to-eat options are created equal and reading food labels can be really confusing! Look for options with <2000kJ energy, <2g saturated fat per 100g, <250mg sodium per 100g, <750mg sodium per serving, <5g fiber per serving, and <15g sugar per 100g. Click the link to learn how to read nutritional information and make better choices: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Ready-to-Eat-Options.pdf>

Make the most of veggies by eating in season.

They're **fresher, tastier,** and often on sale.



Make the most of veggies by eating in season.

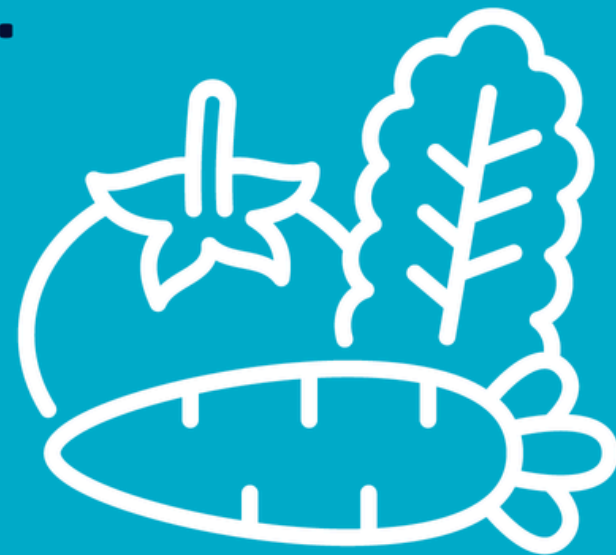
Post (Summer):

Seasonal veggies are fresher, tastier, and often on sale. This summer, keep an eye out for beans, carrots, corn, onions, and potatoes. Click the link to learn how to make the most of fresh produce by buying and eating it in season:

<https://www.healthyheads.org.au/wp-content/uploads/2024/10/Whats-In-Season.pdf>

Make the most of veggies by eating in season.

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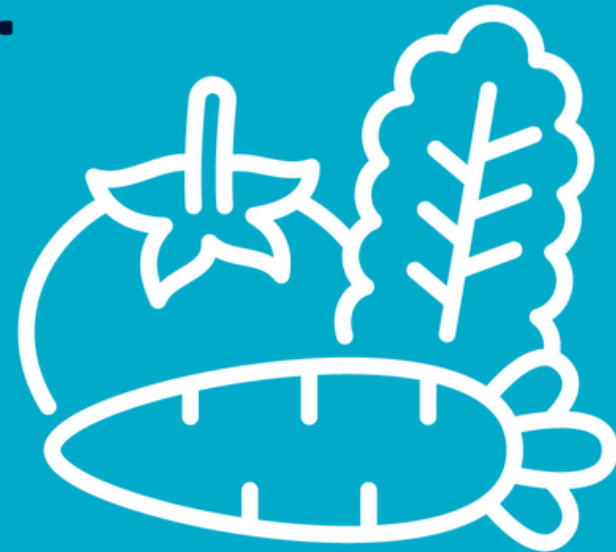
Make the most of veggies by eating in season.

Post (Autumn):

Seasonal veggies are fresher, tastier, and often on sale. This autumn, keep an eye out for broccoli, mushrooms, pumpkin, spinach, and sweet potatoes. Click the link to learn how to make the most of fresh produce by buying and eating it in season: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Whats-In-Season.pdf>

Make the most of veggies by eating in season.

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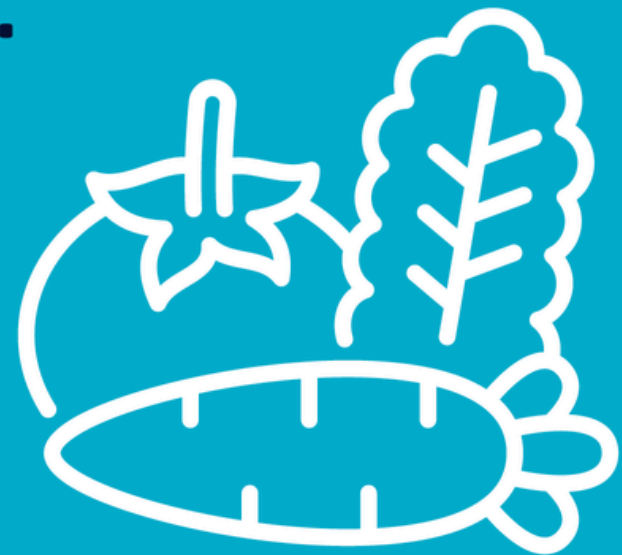
Make the most of veggies by eating in season.

Post (Winter):

Seasonal veggies are fresher, tastier, and often on sale. This winter, keep an eye out for brussels sprouts, cabbage, cauliflower, fennel, and kale. Click the link to learn how to make the most of fresh produce by buying and eating it in season: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Whats-In-Season.pdf>

Make the most of veggies by eating in season.

They're **fresher, tastier,** and often on sale.



Make the most of veggies by eating in season.

Post (Spring):

Seasonal veggies are fresher, tastier, and often on sale. This spring, keep an eye out for artichokes, beetroot, parsnip, radishes, and turnips. Click the link to learn how to make the most of fresh produce by buying and eating it in season: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Whats-In-Season.pdf>

**Fuel up with
high protein,
low GI snacks.**



**They'll keep you full and
energised throughout the day.**

Fuel up with high protein, low GI snacks.

Post:

Fuel your mind and body with healthy, whole-food snacks high in protein and low GI, like hard boiled eggs, smoothies, yoghurt, fruits, nuts, and cheese and crackers. Click the link to discover specific brand examples: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Pick-Me-Up-Snacks.pdf>.



Drinking sufficient water is crucial for good health.

Aim for **2.6L** if you're a man, and **2.1L** if you're a woman.



Drinking sufficient water is crucial for good health.

Post:

When you're busy working, it's easy to forget to drink enough water! Use a measured water bottle to track your progress, stay motivated and reach your goals. Click the link to learn how drinking a sufficient amount of fluid (mostly water) increases your health and hydration: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Water-Intake.pdf>

Your mind needs fuel too.

Eat yogurt, canned tuna, vegetable sticks, hard boiled eggs, and fruit to **power your brain.**



Your mind needs fuel too.

Post:

Your mind needs fuel to concentrate and stay alert. Power your brain with yogurt, canned tuna, vegetable sticks with hummus, hard boiled eggs, and fruit. Click the link to learn more about how these snacks keep you focused and energised: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Fuel-Your-Mind.pdf>.

Good foods equal good moods.

Eat more vegetables and fruit, wholegrain breads/cereals and lean proteins.



Good foods equal good moods.

Post:

Food really does impact our mood—opt for nutrient-rich meals to support better mental health. Try pantry staples like wholegrain crackers and snacks high in Omega-3s like tinned fish, which can decrease the risk of mental health issues like depression. Click the link to learn more about how the right food choices can boost your energy and mood: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Fuel-Your-Mood.pdf>.

Fight the feelings of fatigue.



Stay hydrated, prioritise sleep, limit caffeine, and eat regularly.



Fight the feelings of fatigue.

Post:

Fight the feelings of fatigue by drinking fluid (mostly water). Even with challenging shift work schedules, it's important to prioritise sleep. Limit coffee and energy drinks and eat good food regularly, including whole grains, lean proteins and lots of fresh fruits and vegetables. Click the link to learn more about these top tips for fighting fatigue, and keeping yourself and others safe on the road: <https://www.healthyheads.org.au/wp-content/uploads/2024/10/Fighting-the-Feelings-of-Fatigue.pdf>.



Good food, good mood.

Post:

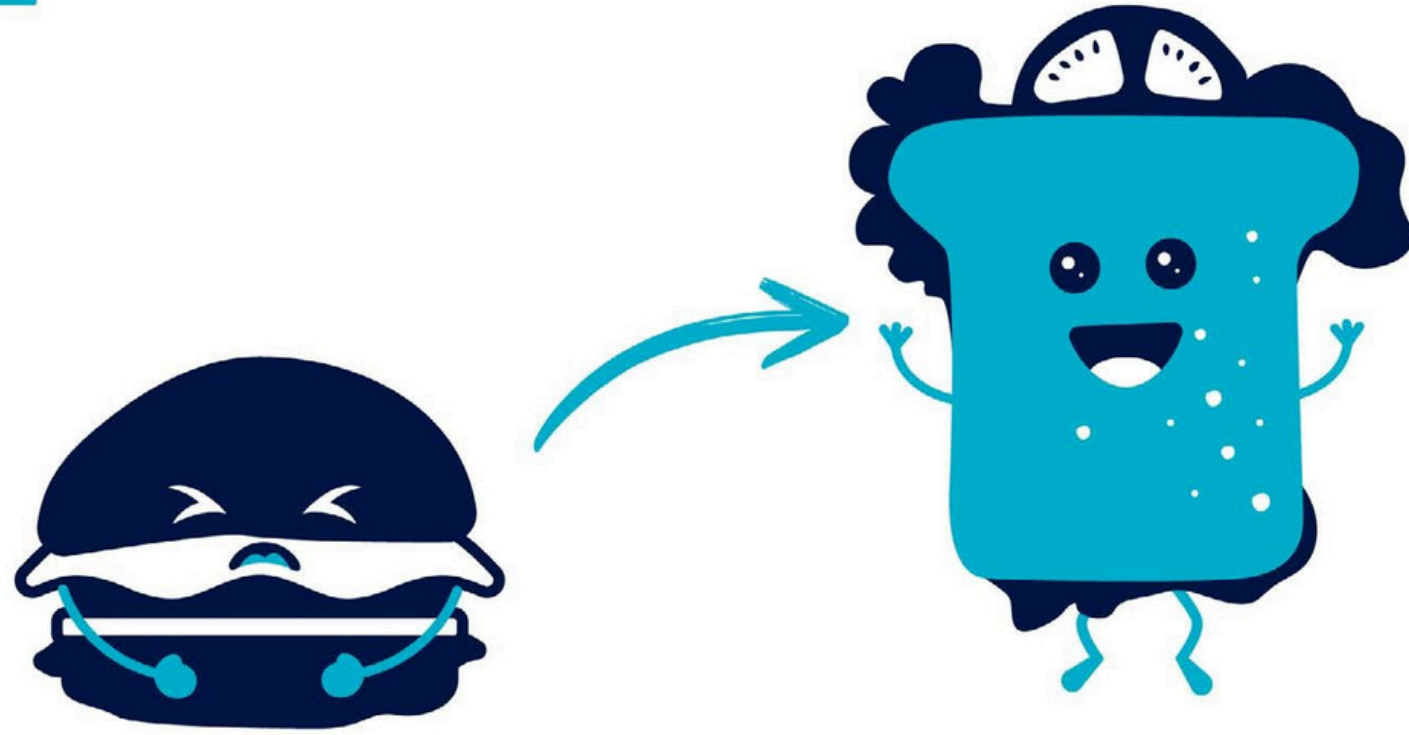
A better mood starts with what you eat. Try to increase your intake of good mood foods, like Omega 3-rich salmon and tuna, bananas, berries and nuts & seeds, and even dark chocolate.



Feed your brain.

Post:

Did you know? Foods like salmon, eggs, nuts and avocado are rich in Omega 3s, supporting a better memory and a healthy brain.



Make simple swaps.

Choose wholegrain bread, pick water over sugary drinks, or swap the chips for rice crackers.

Make simple swaps.

Post:


Small choices can really make all the difference to your health. Choose a wholegrain bread, swap the chips for rice crackers and have water with your meal instead of a sugary drink.




Eat colourful.

Post:

A simple way to aim for good nutrition is to eat the rainbow. Make sure you're getting a variety of different fruits, vegetables, grains and protein in every colour to get all the nutrients your body needs.

 Healthy Heads in Trucks & Sheds



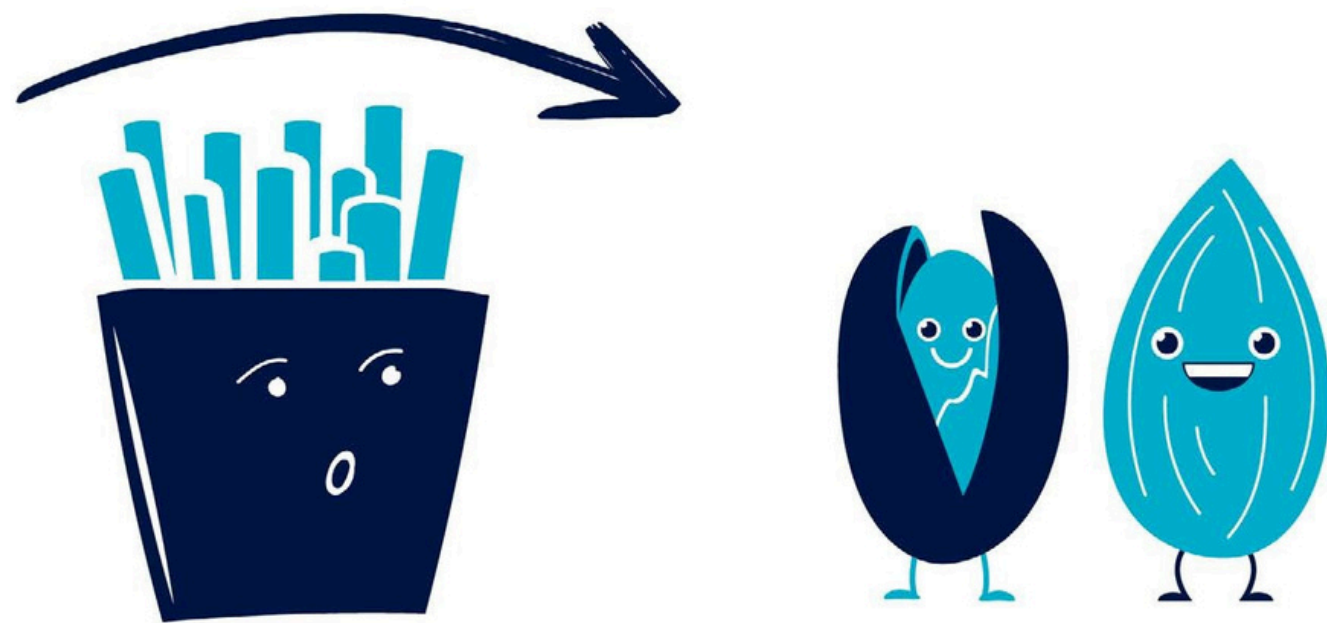
Aim for five.

Make 5 serves of veggies a day your goal.
Add a vegetable or two wherever you
can to sandwiches, smoothies & snacks.

Aim for five.

Post:

It can be a challenge getting our recommended fruit and veggie intake. Do your best to try for 5 vegetables every day. Choose a sandwich with salad, snack on carrots and cucumber, add some spinach to your eggs.



Sidestep fast food.

Keep lots of nutritious bites on hand. When you're tempted by a fast food you can easily reach for a healthier alternative.

Sidestep fast food.

Post:

Fast food can be tempting, particularly when you're on the road and in a rush. Being prepared makes all the difference – try keeping an arsenal of better-for-you snacks in your vehicle where you can reach them. Think popcorn, cheese and wholegrain crackers, nuts or muesli bars.



 Healthy Heads in Trucks & Sheds

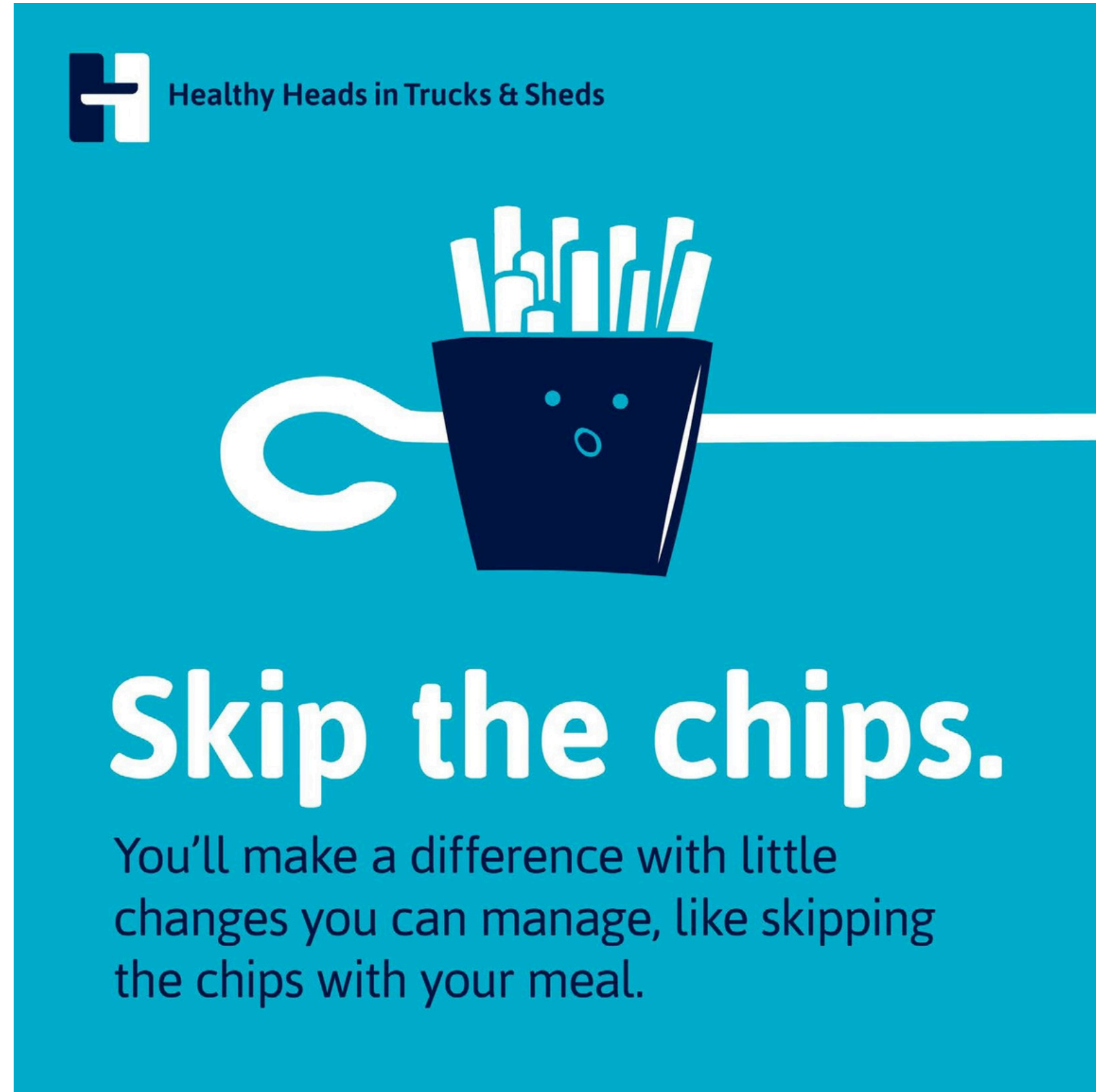
Goodness on the go.

When convenience is your only option, choose salads, veggie packs, eggs, wholegrain sandwiches and wraps.

Goodness on the go.

Post:

Sometimes the servo is your only option. Take care of yourself by making the best choice you can with wholegrain wraps, sandwiches and salads that are loaded with veggies, eggs and nutritious snacks.



Skip the chips.

Post:

Working towards a healthy lifestyle can seem intimidating. Something as simple as skipping the chips with your meal or choosing water instead of a soft drink is a huge step towards better health. Applaud yourself for the little things!

 Healthy Heads in Trucks & Sheds



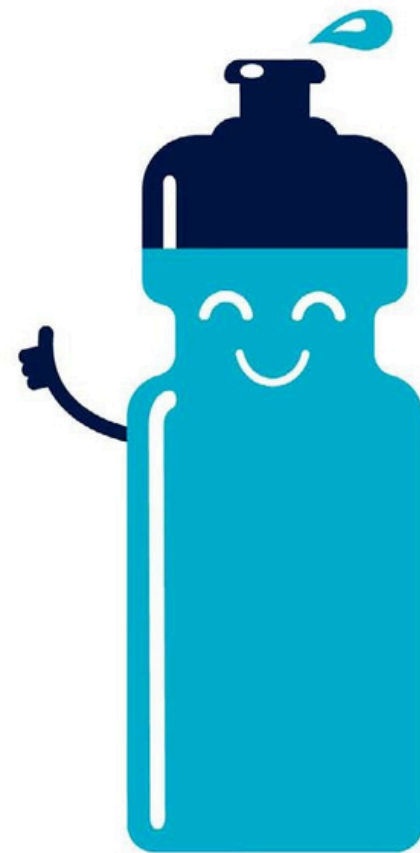
**Get
protein powered.**

Healthy protein with your meals will keep you fuller for longer. Think lean chicken, tuna or eggs.

Get protein powered.

Post:

Protein is the key building block for a healthy body. It keeps us fuller for longer between meals, and it helps our bodies repair cells and make new ones. Try to get plenty of lean protein from sources like eggs, fish, chicken and turkey.



Stay hydrated.

Always keep a bottle of water on hand so it's easy to stay hydrated, boosting your energy and focus.

Stay hydrated.

Post:

Don't forget to sip! Drinking enough water is crucial for many reasons: keeping your organs functioning properly, regulating body temperature, keeping joints lubricated, prevent infections, and deliver nutrients to cells. Being well-hydrated also improves your mood, your sleep quality, and your cognition.

 Healthy Heads in Trucks & Sheds



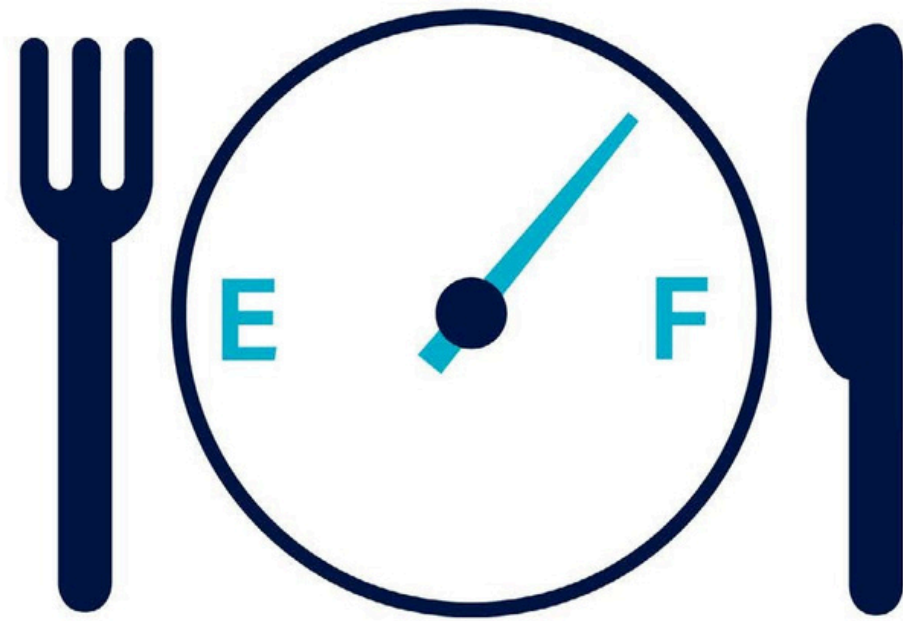
Don't inflame your brain.

Foods high in unhealthy fats and sugar are linked to inflammation in the brain. Good foods make for good moods!

Don't inflame your brain.

Post:

Too many refined sugars and saturated fats can cause inflammation in the brain, negatively affecting our memory and cognitive function. Take care of yourself by keeping junk to a minimum. Your brain will thank you!



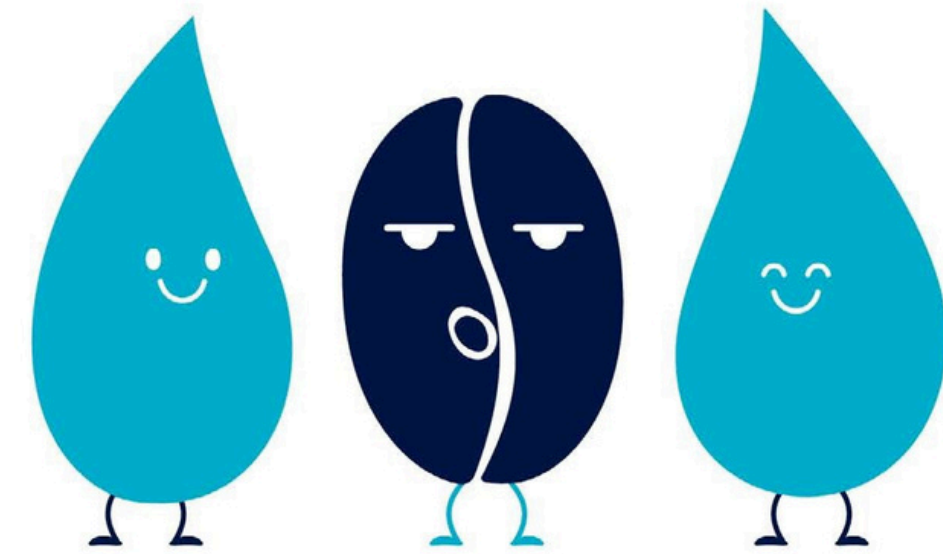
Fuel up often.

And not just your truck! Aim for 3 small meals a day and 2-3 healthy snacks to keep your metabolism active.

Fuel up often.

Post:

Eating smaller, regular meals can keep your metabolism active. Try to fuel your body often with nutritious snacks and smaller meals rather than loading up on a huge dinner. It'll keep you feeling more energetic, less bloated and functioning at your best.



Less coffee. More water.

Swapping a cup of coffee for a glass of water can help cut your caffeine intake while keeping you fresh too.

Less coffee. More water.

Post:

We all love a good coffee, but don't overdo it. Coffee can dehydrate you, and too much can lead to restlessness, irritability and other health problems. Swap a cup of coffee for a glass of water to keep yourself fresh and feeling good.