

# Eating Habits – Picture This



**What's wrong in this picture?** There are two construction workers eating junk food at worksite. Eating a poor quality diet high in junk food is linked to a higher risk of obesity, depression, digestive issues, heart disease and stroke, type 2 diabetes, cancer, and early death. And as you might expect, frequency matters when it comes to the impact of junk food on your health.

Accidents (whether they are work accidents, car accidents, slip and falls, or construction accidents) will inevitably happen no matter how carefully an individual tries to prevent them. However, many accidents can be prevented. A major part of accident prevention is living a well balanced, healthy (both mentally and physically) lifestyle. Staying fit by exercising and eating a well balanced diet plays a vital part in accident prevention. Eating healthy isn't always easy, but committing to a healthy diet can be one of the smartest decisions you ever make.