

**Title :** Effect of modification in Corporate Cafeteria food on Health of employees

**Author(s) :** Pallavi Vilas Sawant

**Institution :** Nutrition, Healthspring, Mumbai, Maharashtra, India

**Keywords :** Nutrition, Corporate cafeteria, Cyclic menu, Workplace cafeteria, Statistical significance

---

### **Introduction:**

Many working adults find it difficult to find time for nutritious diet. The workplace cafeteria can be the excellent place to start with healthy eating habits by ensuring the food provided in cafeteria is nutritious. There are several factors which can influence employee food choices like such as availability of healthy or less healthy food, the taste, quality of food etc. This study helped us to understand impact of cafeteria food on health of employees.

### **Methodology:**

As a part nutrition assessment for corporate cafeteria assessment, we developed Corporate cafeteria nutrition assessment; to assess food quality, nutritional evaluation in cafeteria of corporate. We have scheduled regular visits during their lunch time and have assessed portion size, availability and quality of food. We also checked anthropometric measures (e.g. Body mass IndexBMI, weight) and Total Cholesterol before and after this assessments.

### **Results::**

There was significant change in BMI and TC levels. Ideal BMI value ranges from 19-23 BMI values have lowered in second health check ( $p=0.05$ ). It was also observed that TC levels have significant difference after assessment wherein ( $p=0.05$ ). There is significant level of difference between mean before and after treatment. The difference is because of changes in food habits at cafeteria along with lifestyle changes. The correlation values have been in the range of 0 to 1 indicating direct positive relationship between age and the factors assessed.

### **Conclusion:**

This study shows that cafeteria assessment and implementation of nutritious food menu can contribute as one of the important factor to improve health status of working adults.

### **References:**

- Health Canada Food guide
- Dawson J, Dwyer JJ, Evers S, Sheehy J, Eat Smart! Workplace cafeteria program evaluation of the nutrition component available on <http://www.ncbi.nlm.nih.gov/pubmed/16759435>
- Healthy eating workplace handbook, Durham region health dept. available on [http://www.durham.ca/departments/health/food\\_nutrition/healthy\\_eating/wpHandbook.pdf](http://www.durham.ca/departments/health/food_nutrition/healthy_eating/wpHandbook.pdf)
- Nutritive Value of Indian food Revised edition 2011
- Food standards implementation guide New York state development by health