

# NORSK OFFSHORE CATERING AS



## **CAKE: Care-Awareness- Knowledge-Engagement**

The goal is to focus on healthy and balanced diet, lifestyle and wellbeing of people. People represent the most valuable assets in a company. Taking care of people and paying attention to their needs is the best investment for future development.

*Investment in a healthy style of life, means:*

- Prevention of cardiovascular Diseases
- Prevention of Nutritional Diseases such as diabetes and obesity



## **Objectives**

- Focus on variability of products, composition of dishes and menus which provide necessary energy and nutrient requirements, as well as the workers maximum satisfaction
- Focus on a food culture based on healthy and risk-reducing food which should become a way of life both offshore and onshore.

On the basis of most recent studies, a worker on an installation consumes on average no more than 2500/2800 Kcal per day, with a peak of 3200 Kcal for the particularly difficult types of work. Providing necessary amount of calories is a critical component, but this does not represent a sufficient condition for a healthy nutrition. Besides quantity, measured in calories, the quality of food and the balance of nutrition elements are also very important. An unhealthy nutrition may predispose to different diseases such as, a part the malignancies, obesity, high blood pressure, diabetes which represents major risk factors for cardiovascular disease. Cardiovascular diseases represent the first cause of mortality in the world.

## **Consequences understanding**

DISEASE	NOT- PREVENTIVE	PREVENTIVE
Heart attack	Hard fat and cholesterol	Fruit, vegetables, fish, fish oil, physical activity
High blood pressure	Hard fat and sodium-Salt	Fruit, vegetables, fish, physical activity
Cancer	Alcohol salt, red meat	Vegetables, dietary fiber and physical activity
Obesity	Saturated fat, sugar, sugar drinks	Dietary fiber and physical activity
Diabetes	Saturated fat, sugar, dairy products	Vegetables, fruit, fish, physical activity

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Osteoporosis	Lack of Vitamin D , calcium and exercise	Vitamin D , Calcium and exercise
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## Example on food products and their preventive effect

Apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocadoes	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chili Peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
Olive Oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes

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## CAKE PRODUCTS

The Board of Health and Nutrition Council suggestions makes it clear that the current diet in Norway contains too much fat, particularly saturated fat (unhealthy fat) \*, sugar, salt and alcohol, and also too little starch, dietary fiber and certain vitamins and minerals . Therefore it is recommended increasing the use of white meat (e.g.) chicken and pork. Main courses should be boiled or baked in the oven. Pan fried products are considered less healthy food. Also increase the use of fish, vegetables fruit, rice, pasta and salads. The Board of health also recommends reducing the consumption of red meat, dairy products salt, sugar, and butter.

## HEALTHY FOOD PRODUCTS

Oranges	Liver	Nype Te
Clementines	Mackerel in tomatosauce	Earl Grey Te
Apples	Fish balls	Yellow Label Te
Pears	Svolværpatè	Te Lipton Gul T
Lemon	Clams	Wholegrain bread
Melon	King O.Gaffelbiter	Couscous
Kiwi	Cod Roe King Oscar	Oatmeal
Bananas	King Oscar Sard.in o.oil	Semolina
Pine Apple	King Oscar Sard.in t.sauce	Rice
Grapefruit	Tuna in water Coop	Regal 4-korn
Grapes	Tuna in oil Coop	AXA Go Dag Frukt
Green Salad	Anchovies fillet	Crusli Solfrokost OTA
Cucumber	Olive oil	All-Bran Regular
Champignon	Sunflower oil	Kornmo Biscuits
Rocket salad	Beetroot	Digestive Biscuits
Chinese Cabbage	Capers	Wasa Knekkebrød
Raddichio Rosso salad	Pickles	Turkey
Paprika	Asparges	Chicken
Radish	Sundried tomatoes	Trout
Squash	Garbanzo Beans	Duck
Selery	Kidneybeans	Plaice
Leek	White beans	Lutfisk,
Tomato	Peas	Redfish
Cauliflower	Brown Beans	Catfish
Cabbage	Olives	Saithe
Rutabaga	Apple juice	Cod
Carrot	Orange juice T	Diamond Walnut Kernels
Onions	Lemon saft	Sunflower kernels
Chives	Møllers Tran Naturell	Hazelnuts
Red onion	Cinnamon tea	Fishsauce
Herring Fillet	Spinach	Mini corn
Cured herring fillet	Flaxseed	Asparagus
Pickled herring	Sesame seed	Jalapeno sliced
Pasta Wholegrain	Corn	Brussel sprouts

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## **Why CAKE program?**

One of the keys to good health is to find a balanced diet. One well known rule of thumb is the U.S.D.A food pyramid, which recommends the following percentages for daily food intake.

- 15 % of calories from proteins
- 25 % of calories from Fats
- 60 % of calories from carbohydrates.

These calories should be consumed over the course of the day, in a minimum of three separate meals, breakfast, lunch and dinner. Breakfast should provide 40 % of the daily calorie intake, lunch 45 % and dinner the remaining 15 %. To minimize the calorific intake in between meals, we recommend eating fruit.

An old saying affirms that “you ARE what you EAT”. A large percentages of the diseases know to man are caused by improper foodstuffs and unhealthy lifestyle.. It has been proven that many cardiovascular diseases, diabetes or many forms of cancer are strongly related with food and food habits. Overweight and obesity are more frequent nowadays than in past time due to increase consumption of hyper caloric food. Many people choose to eat unhealthy food (“junk food”) due to wrong information, fashion or promotional advertisement. CAKE offers you the possibility to choose a better food for your health and well-being. Dedicated menus will be prepared to each meal. The food will be offered during regular meals and coffee meals. Easily identified through CAKE logos posted in visible places.

## **CHOOSING HEALTHIER FOODS**

### **Drinks**

Avoid fizzy and sugary drinks included those labeled light. A can of coca cola, for example, contains about 200 calories. If you drink one a day, the total for a year will be 73000 calories, equivalent to 9 kilogram’s. If you are thirsty, the best thing to drink is water.

### **Vegetables**

Vegetables are the ideal food to reduce and maintain weight as they contain few calories and fats and have high content of fiber and minerals, essential factors for health in general and especially that of the principal organs (kidneys, liver, and heart). Vegetables should be eaten raw, steamed, boiled or baked in the oven.

### **Dairy products**

Dairy products with low fat content should be preferred. (Milk, yoghurt, cheese)

### **Eggs**

Boiled or poached eggs are healthier than fried eggs.

### **Sugars and sweets**

Limiting the consumption if possible, just a few times per week.

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## Meat, poultry and fish

Avoid fried dishes of these products. Baked in oven or boiled is preferred. White meat is leaner than red meat. All preserved meats and sausages are rich in fats and salt which can lead to high blood pressure levels. Fish and seafood of all kinds are excellent choices.

## Cereals, rice and pasta

Cereals should be at the heart of a natural and healthy diet. To maintain the ideal body weight however, they should be eaten in moderation accompanied by fruit and vegetables. Whole meal bread is healthier than white. Pasta is a nutrient that allows good control of weight as long as the portions are modest.

## Fats, oils, dressings

Use preferably oil based dressings on salads. Use oil for frying instead of butter.

## Recommendations

- Eat plenty of vegetables
- Do not skip meals and avoid big meals
- Do not eat in hurry.-you will eat less and feel better.

## **BODY MASS INDEX (BMI)**

BMI is a good indicator of one's health and nutrition status. After BMI assessment, you may consult this table. It is recommended to ask for professional advice if your BMI is not in normal range.

<b>BMI= weight(kg) / Height 2 (m<sup>2</sup>)</b>		
< 16	Severely thinness	Underweight
16-16.99	Moderate thinness	
17-18.49	Mild thinness	
18.50-24.99	Normal weight	Normal weight
25-29.99	Preobese	Overweight
30-34.99	Obese class I	
35-39.99	Obese class II	
40 <	Obese class II	

