Laura C (RD)
@LauyPauy

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#ProtectYourLunchHour always better with novelty lunch bags! @DietitiansWeek #DietitiansWeek @SONHStrust

NNUH NHS FT @NNUH · Jun 8
Physiotherapists have just finished their wraps and salad for lunch @dietitiansweek

Francine is enjoying her salad outside today @dietitiansweek

NNUH NHS FT
@NNUH

⚙ Following

@raymond_McFee enjoying a healthy salad outside with colleagues today @dietitiansweek

Hillingdon Dietitians looking after their health by taking a lunch break!@HillingdonNHSFT @DietitiansWeek

NHS NDHT @ndht · Jun 8
@BrDieteticAssoc @DietitiansWeek #NDdietitians dietitians taking their lunch break #healthylunches in the sun!
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Emma Jones
@The_Emma_Jones
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My healthy gluten free pasta salad today @NNUH @DietitiansWeek

BDA The Association of UK Dietitians
I have chosen to take a lunch break because it's good for my health
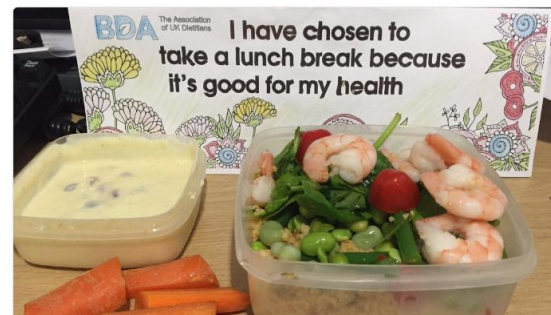
SotonNHSDietitians
@DM_Dietitians
Following

Claire is happy with her healthy lunch today @claire_she #dietitiansweek

WORK READY!

#DietitiansWeek. Helping NHS staff make healthy lunch choices @NHSBartsHealth @BDAWorkReady @BrDieteticAssoc

Making time for our lunch break! Even on a non working day ☀ @DietitiansWeek #DietitiansWeek #lunch

Carolyn Bramble
@CarolynBramble
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Prawn couscous salad and yoghurt with pomegranates. My usual healthy lunch @NNUH #DietitiansWeek

BDA The Association of UK Dietitians
I have chosen to take a lunch break because it's good for my health

TRY TO MAKE TIME FOR A LUNCH BREAK
It's a good opportunity to rehydrate, refuel and get some activity or fresh air. This can support both performance and positive well being at work. A lunch break can improve both concentration and decision making and may help reduce fatigue and anxiety.
bdaworkready.co.uk
a new programme from the British Dietetic Association
WORK READY!

Nurse Janet is enjoying her break with a sugarless cup of tea and salad today @dietitiansweek

Penny our pump specialist dietitian has got her colourful lunch all wrapped up! #DietitiansWeek

Helen Bond
@helenbond1

⚙ Following

An early lunch - taken a proper lunch break at the BSC conference to enjoy my salad @BrDieteticAssoc @DietitiansWeek

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Dietitians Week @DietitiansWeek · Jun 8

Great to see pics of lunches coming in!

SotonNHSDietitians @DM_Dietitians
Thanks @ClaireWoodRD for sharing her lunch pic for #DietitiansWeek lots of colour from her veg box 🌈

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Dietitians Week @DietitiansWeek · Jun 8

Fantastic colouring guys

Aneurin Bevan UHB @AneurinBevanUHB
@DietitiansWeek #DietitiansWeek A very good reason why you should protect your lunch break...

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Dietitians Week @DietitiansWeek · Jun 8

Yum :)

NNUH NHS FT @NNUH
Student nurse Amy has a healthy pasta salad for lunch today @dietitiansweek

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Dietitians Week @DietitiansWeek · Jun 8

Looks delicious!

JulianSupport @JulianSupport
Good diet is essential for our #mentalhealth @NNUH @DietitiansWeek Lisa is having a Tuna Salad! YUM! #DietitiansWeek

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