

Supporting Staff Wellbeing Energy Management Through Nutrition



Session Overview

What we will cover today

- Food and Energy
- Blood Sugar and energy levels throughout the day; how to avoid dips in energy levels and focus
- Beat sugar cravings
- The importance of a protein rich start to the day/shift
- Healthy snacking habits
- Supporting vitamins for energy release
- A Typical Day; Find balance in our food consumption through healthy habits



Food and Energy

What is food energy?

Food stores energy. Eating transfers the stored energy from the food to our body. If we get the right start to our day in terms of food energy we feel better, are more productive and avoid energy slumps

- **Sugars and Refined Carbs**=quick energy release
- **Legumes, Fruits and Grains**=sustainable energy release

Good nutrition = ensuring your body gets all the vitamins, nutrients and minerals it needs to work at it's optimum level.



Simple planning and healthy and tasty ideas and alternatives = feeling more energised and healthier.

Your body and brain will thank you for it!

How The Body Converts Food To Energy

- ✓ Food breaks down to glucose, amino acids, and fats in the digestive system.
- ✓ When we eat food, it releases into the blood the reserve supply of glucose from the liver.
- ✓ The blood carries this glucose to provide instant energy to the body.

CHOICES!

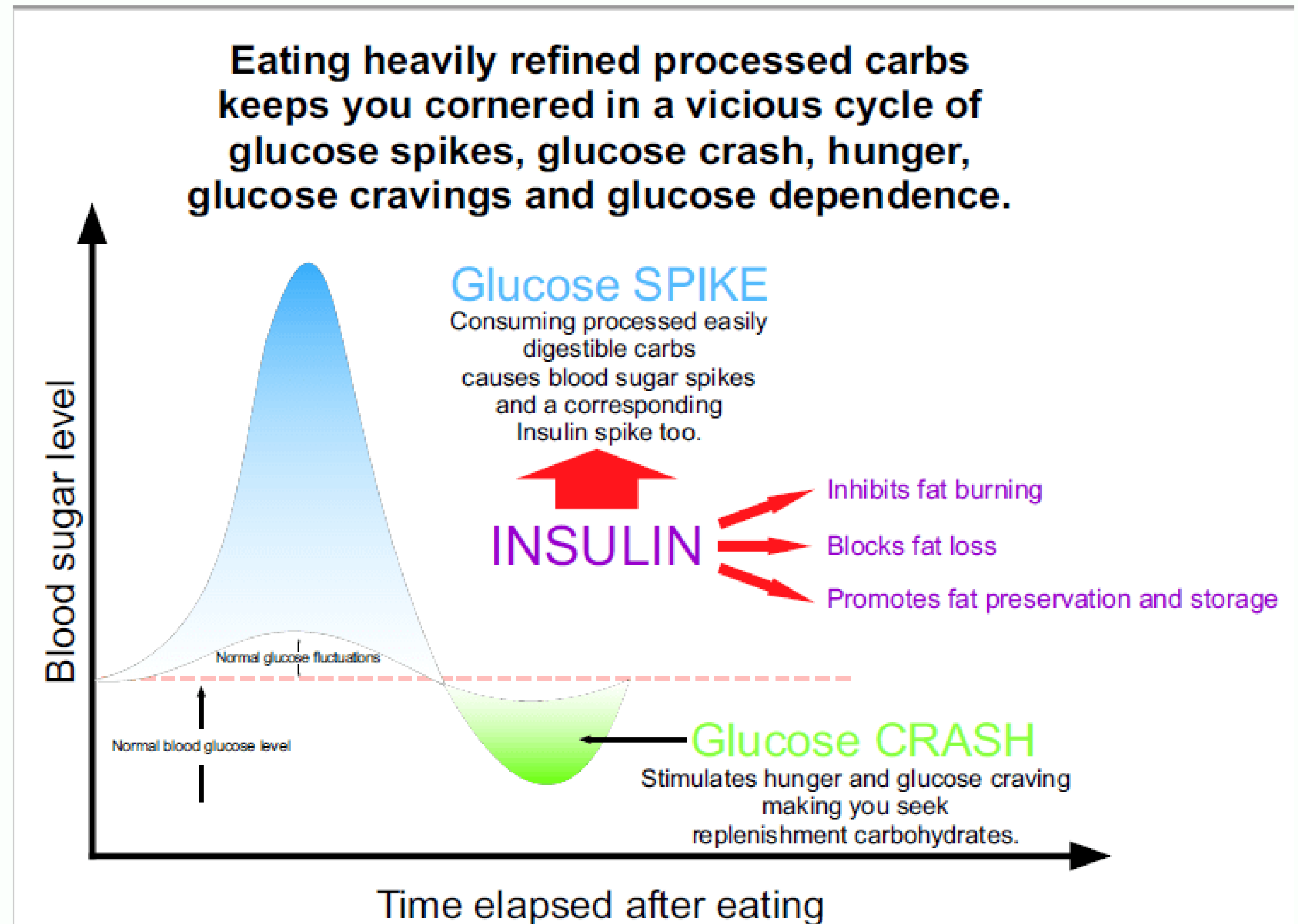
When we choose more sugary and fatty foods this can disrupt our blood sugar and decrease our quality of sleep

NB: what we eat now gives us energy later so getting the right start to your working day is key to managing how you feel for the rest of the day!



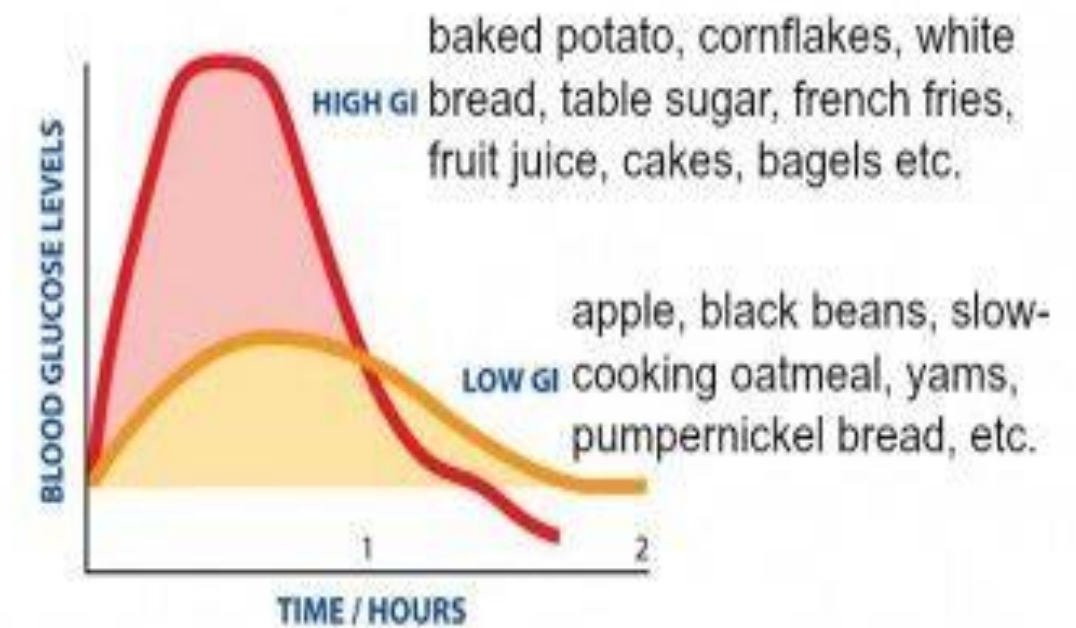
Beware the sugar crash!

- Insulin is the chief driver of fat accumulation in the body.
- The higher the blood sugar rise the more insulin is secreted in response.
- The bigger the crash, so the bigger the craving and the hungrier you are!



Beware the sugar cravings!

- What is the answer! Have a low GI diet. (the extent to which a food destabilizes blood sugar levels is expressed as its 'glycaemic index' (GI).
- Blood sugar and insulin levels are also largely influenced by how much food is eaten (GL) 'glycaemic load'.
- Many grain-based foods including wheat, bread, white rice, rice cakes and of course breakfast cereals generally have very high GIs and GLs!
- Compared with fruits and vegetables, grains are quite un-nutritious foods!
- Eating non processed foods – like a cave man / woman is the best way to go!



Foods to support your energy levels throughout the day

“Eat like a King in the morning, a Prince at noon, and a Pauper at night.”

Eating a good breakfast is important for **blood sugar regulation**, **adrenal health** and immune system health.

Tips

Breakfast - mix oats with enough protein so you benefit from the slow release of sugar and stay feeling satisfied for longer.

Eggs - are an excellent source of protein and are versatile as a breakfast option.

Try to mix with smoked salmon or another oily fish for a really nutritious start to the day.

If you don't eat fish try with some wilted spinach and chestnut mushrooms.



Foods that provide energy

- Bananas
- Apples
- Avocados
- Sweet Potatoes
- Berries
- Yoghurt
- Eggs
- Wholegrains
- Oats
- Pulses
- Nuts and Seeds
- Dark chocolate

Healthy Snack Ideas

- Keep **chopped raw veg** in bags in the fridge for snacks – peppers, celery, carrots, cucumber etc or having snack pots available through work facilities
- Consider **protein rich dips** such as houmous or lentil dip to have with the raw vegetables. Shop bought houmous and dips are ok if you are short on time but look out for the more flavoured ones such as ‘sweet chilli’ as they contain more sugar
- **Dried fruits** in small quantities such as apricots are a good alternative to sugary snacks and they are considered a low ‘GI’ food.
- **Natural nut butters** without any added salt or sugar are a great protein rich and tasty snack. Try peanut butter with apple for a delicious combination bursting with energy or almond butter with chopped banana
- **Nuts and seeds** in their natural form provide a good, sustainable energy boost



- ✓ **Swap Crisps for a handful of nuts or toasted seeds (pumpkin seeds are delicious toasted and eaten as a snack or sprinkled on soup or salad)**
- ✓ **Swap chocolate for some fresh fruit such as grapes, apples and bananas. Dates are a really good ‘sweet alternative’**

Vitamins to support energy

Eating a well-balanced diet, exercising regularly and getting enough sleep are the best ways to maintain your natural energy levels.

However, it's good to know which vitamins can support your energy so that you can make good food choices.



- ✓ The **key vitamins** for supporting your energy levels are B vitamins such as Thiamin (B1), Riboflavin (B2), Niacin (B3). These vitamins transform the food you eat into energy that your cells can use
- ✓ Vitamin D is also really important for things like bone health, immune support, mood and sleep

Foods containing B Vitamins: Some fresh fruits (such as bananas and oranges), nuts, wholegrain bread, mushrooms, plain yoghurt, fish, avocado

Foods containing Vitamin D: Salmon, Tuna, Mushrooms, Egg yolks, Herring and Sardines

An Example Day



Breakfast

- Muesli or oats
- Handful of nuts
- Handful of berries
- Probiotic yoghurt

Tips-sprinkle cinnamon on muesli oats and yoghurt to add an anti-viral boost

Make your own granola



Lunch

- Mackerel pate/houmous
- Salad
- Crackers/potatoes/bread (try wholemeal/rye or sour dough as a healthier option)
- Soup



Dinner

- Stir-fry with extra garlic and ginger
- Homemade Banana Ice Cream



Snacks

- Brazil nuts dipped in dark chocolate
- Handful of sunflower seeds/pumpkin seeds/cashew nuts

Timing is important!

- Try changing when you eat not just what you eat.
- Typically in the UK we eat our biggest meal late at the end of the day.
- Insulin resistance increases as the day progresses, the later you eat the more insulin is needed. The body is designed for digestion and sleep to happen at different times. (This is why you sleep badly after a big late meal).
- Increase the 'fast'. By fasting (which we naturally do at night) you're mimicking what humans have done for millennia. Fasting allows rest and regeneration, suppresses inflammation and improves blood glucose regulation.
- Don't make these changes scary – small changes and keep noticing!



Transform your eating habits – The sustainable solution

- Start with a very small change. So small it is hardly noticeable. Start with breakfast. Experiment and Experiment. Embed it.
- Try to include foods which release energy slowly to help support your blood sugar levels throughout the day
- Change one meal at a time.
- Timing is important, experiment until you have this right.
- Try an earlier dinner and make it lighter. Try a bigger lunch.
- Close your kitchen – try brushing your teeth.
- Create a ‘what else list’. How else do you self soothe or reward yourself rather than using food.
- Eating is a ritual – perfect your **personal** ritual and you will sustain your **energy**.

Be your own
Scientist

Notice Notice
Notice!

Small changes

Timing is
everything

Resources

www.bbcgoodfood.com

www.nhs.uk/live-well/eat-well

www.nutrition.org.uk

www.dalepinnock.com

Suggested Reading

- ✓ Foods that harm Foods that heal – Readers Digest
- ✓ Nutrition for Life – Lisa Har and Dr Dawin Deen
- ✓ Fakeaways - Dale Pinnock
- ✓ A Great day at the office – Dr John Briffa





Thank You

Follow up:

- Feedback/questions: info@halsawellbeing.com