

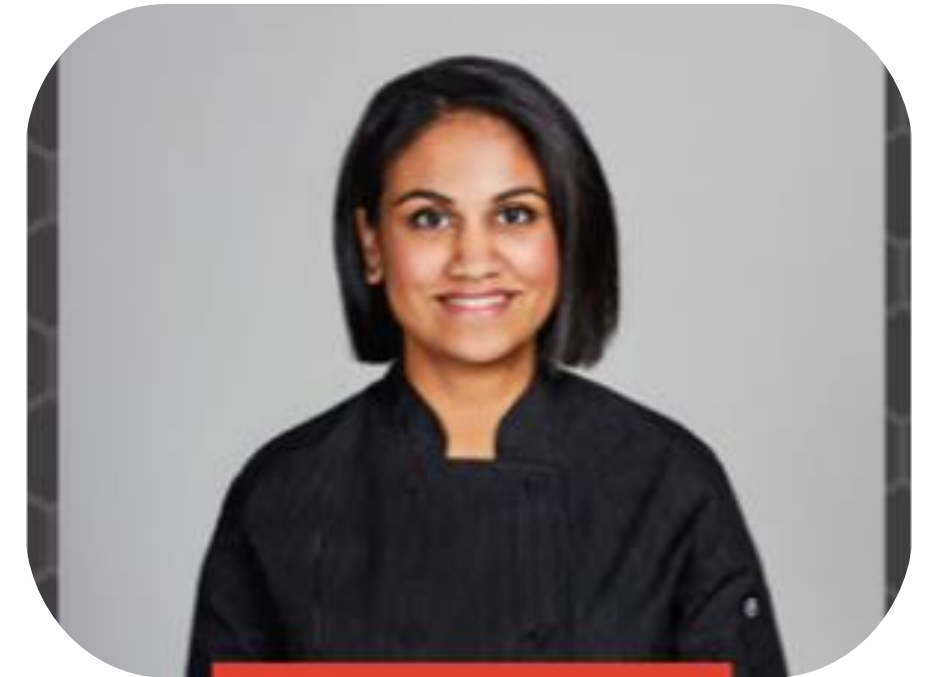
From Fatigue to Focus

Smart Nutrition for Sustained Energy

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Oh hey, I'm Whitney!



Goals for today:

1

What is nutrition?

2

Impacts of shift work on health

3

Stress and influences on nutrition

4

Actionable and practical tips

5

Easy and nutritious snack ideas!



What do you think of when you hear the word “Nutrition?”

What is nutrition?

- The process of providing or obtaining the food necessary for health and growth.
- The sum of the processes by which an animal or plant takes in and utilizes food substances



Food preferences

Access to food

Personal and cultural beliefs

Lifestyle and meal routines

Genetics

Food allergies / intolerances

Health conditions and comorbidities

Barriers to intakes

Shift Work

Working outside a “traditional” 7am-6pm period

- Evening schedule (starts after 3pm)
- Night schedule (starts after 11pm)
- Rotating shift schedule (day, afternoon/evening, night)
- Split shifts (2 scheduled periods of work in one day)
- On-call or irregular schedules

Impacts “internal clock” telling your body when to be awake/asleep

How could this work schedule impact our nutrition?

Impacts on Health

Chronic fatigue

Weight loss / gain

Change in appetite

Constipation, diarrhea, gas

Over time, shift work can result in suboptimal eating decisions, leading to increased risk of chronic diseases (e.g. type 2 diabetes, heart disease, cancer)

Food

Sleep routines

High blood pressure



What do you think of when you hear the word
“stress?!”



What is stress?

- A state of worry or mental tension caused by a difficult situation
- What are causes of your stress?

Time

Juggling ++responsibilites

Work deadlines

Caring for others

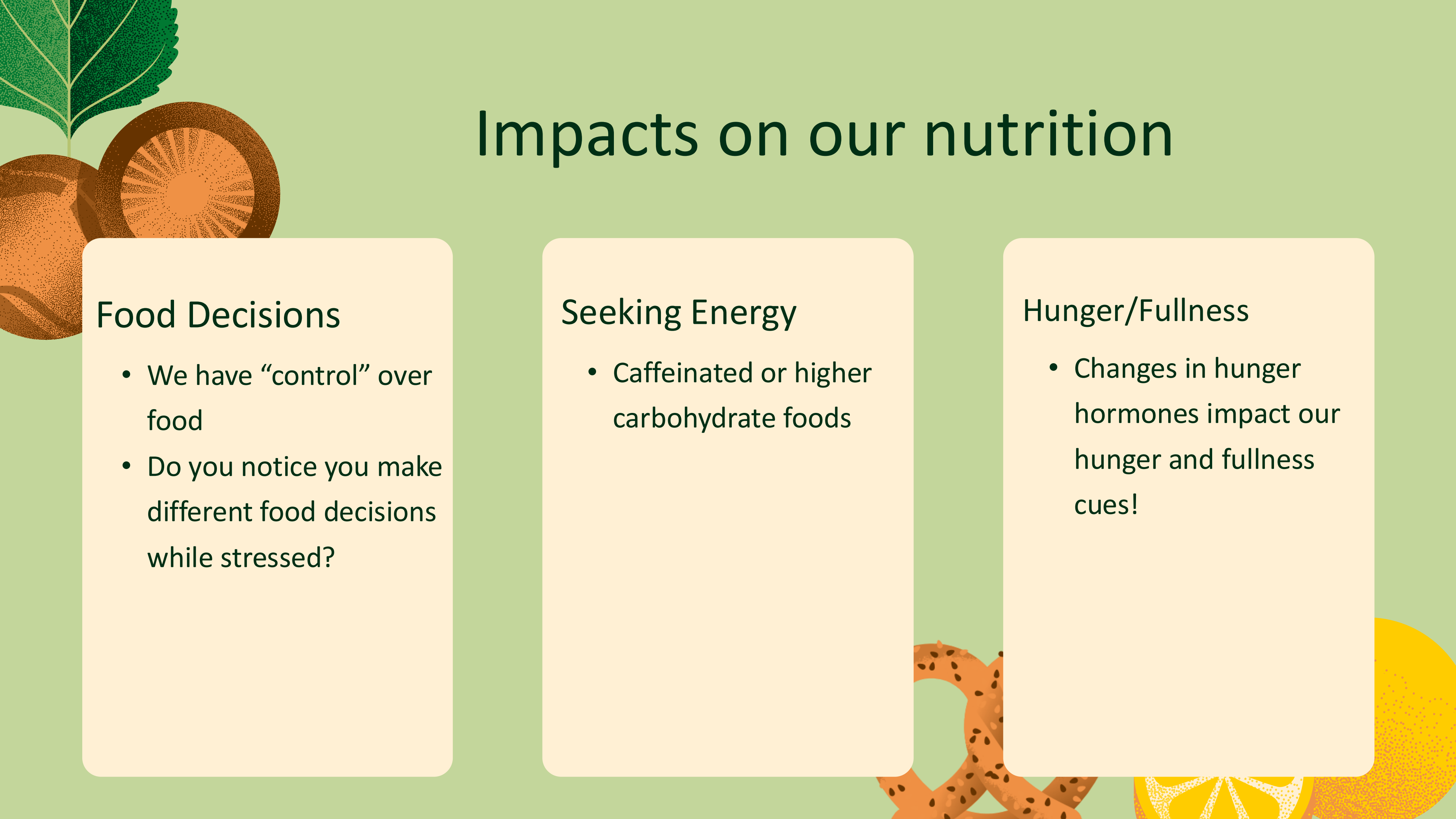
Lack of sleep/ fatigue

Guilt around food

Managing health conditions

Not knowing what to eat





Impacts on our nutrition

Food Decisions

- We have “control” over food
- Do you notice you make different food decisions while stressed?

Seeking Energy

- Caffeinated or higher carbohydrate foods

Hunger/Fullness

- Changes in hunger hormones impact our hunger and fullness cues!

How do you manage stress?

Why do you do that?

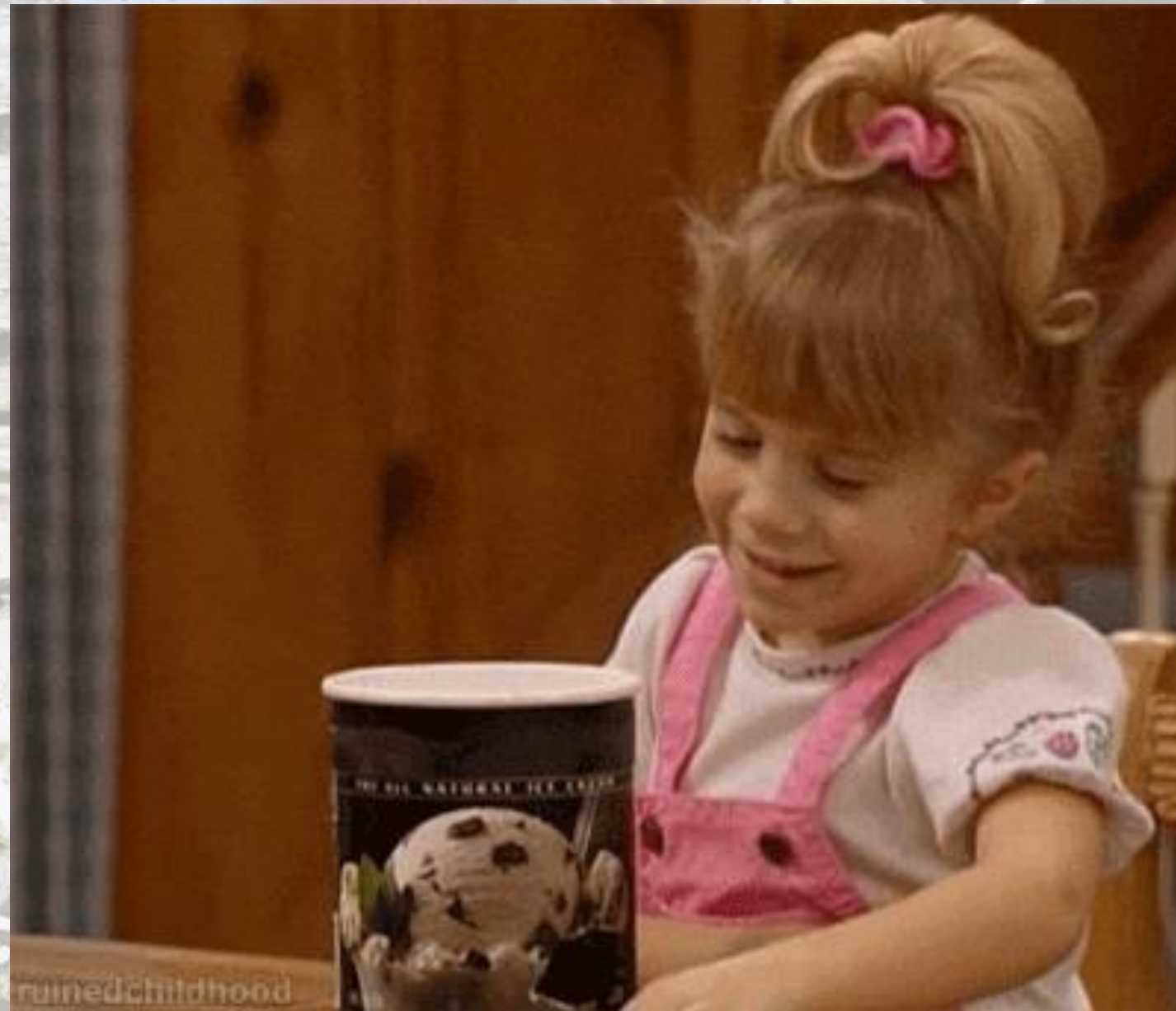
Which foods do you opt for?

Comfort Food

Why do we turn to comfort foods?

- **Psychological and emotion connections**
 - **Physiological and hormonal connections**
-
- **Remember:** People have different comfort foods, which may be based on birthplace, culture and religion. But we do have some things in common!

What are your go-to comfort foods?



Our comfort foods



Tahdig (Iran)



Pastina (Italy)



Pozole rojo (Mexico)



Congee (China)



Rice & dal (India)



Mac & cheese (USA)



So.. What can we do?!

1

Nutrient density!

Have plenty of
vegetables and fruits

Eat protein foods

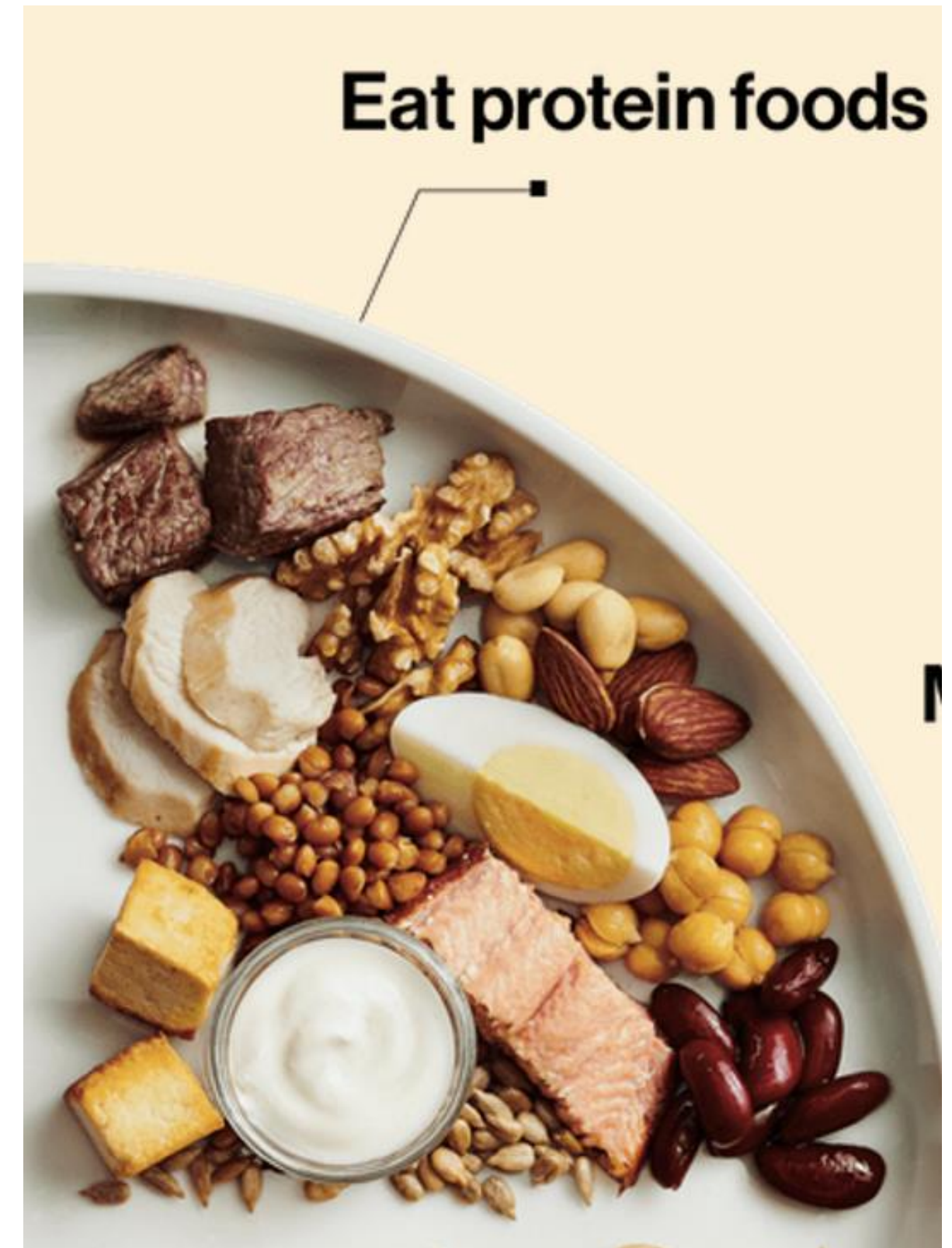
Make water
your drink
of choice

Choose
whole grain
foods



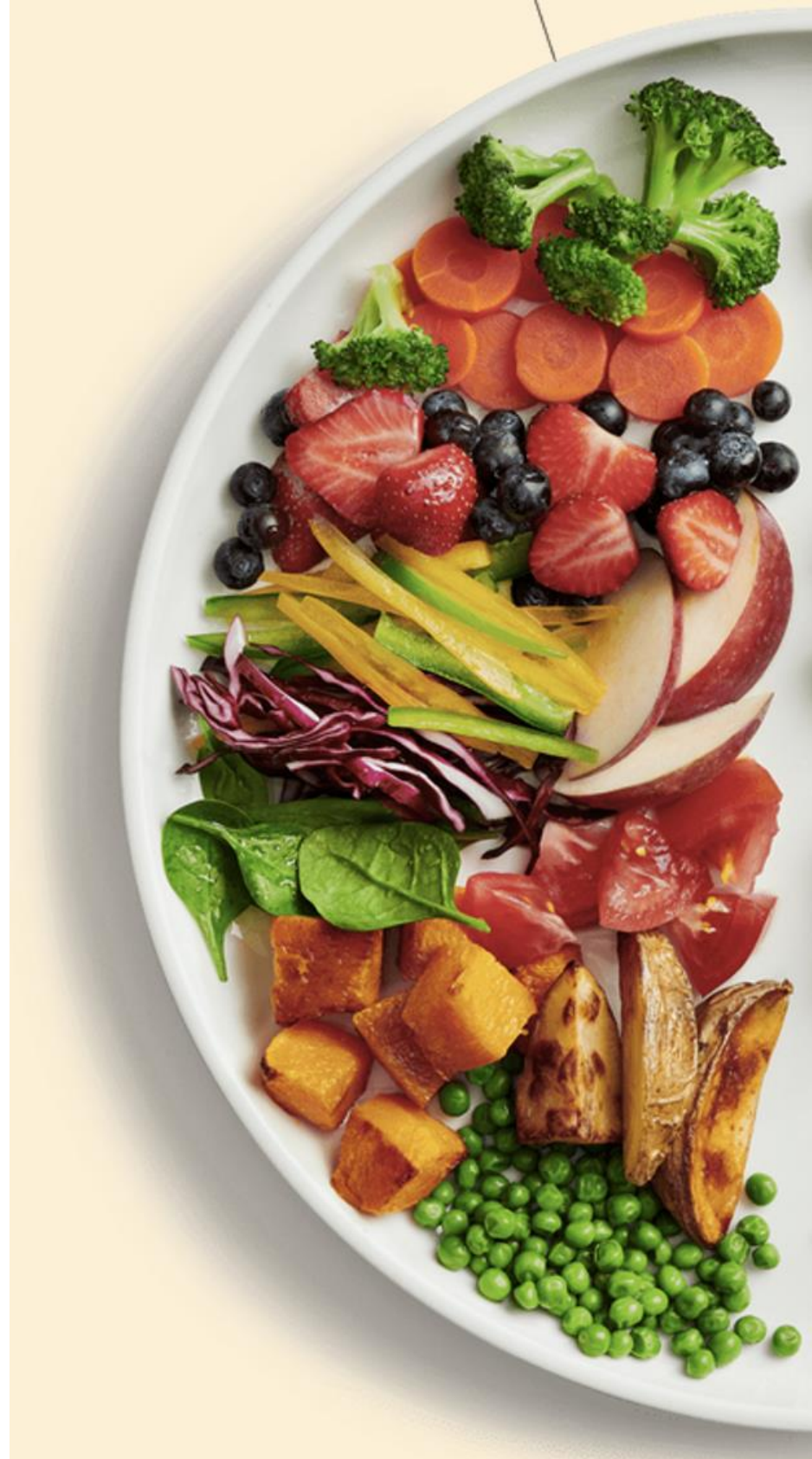
Protein

- Growth, repair, maintenance of tissues/organs
- Fullness/satiety
- At least 1.0-1.2g/kg (ideal body weight)/d
 - e.g. 60kg = 60-75g protein
 - Upwards of 1.2-1.5g/kg/d



Consider saturated fats and protein density!

Have plenty of
vegetables and fruits



Fibre

- Fibre (soluble vs insoluble)
- Fruit, vegetables, whole grains
- Satiety and fullness (volume eating)
- Digestion and regularity (aka poops!)
- Contains many vitamins and minerals

2

Keep a routine

- **Eat according to the time of day.** e.g. breakfast foods in the mornings
- **Eat every 3-4 hours.** Aiming for 3 meals + 2-3 snacks / 24 hours
 - **Eating your “main meal” before going to work; smaller meals/snacks at work**
 - **Late at night:** Snacks containing protein
 - **Before bedtime:** Have a light snack

3

Hydration is key!

Support in staying alert, reducing fatigue and differentiating between hunger vs thirst

How to keep up with hydration:

- Keep a water bottle near your workstation (if able) and take sips every 30 minutes
- Add flavours to water like frozen fruit, herbs or teas
- Have a glass of water with every eating opportunity
- Doesn't have to be water! (e.g. milk/milk alternatives, herbal teas, sparkling water)



4

The caffeine rollercoaster

Did you know...

It can take up to 8-10 hours to
metabolize caffeine?!

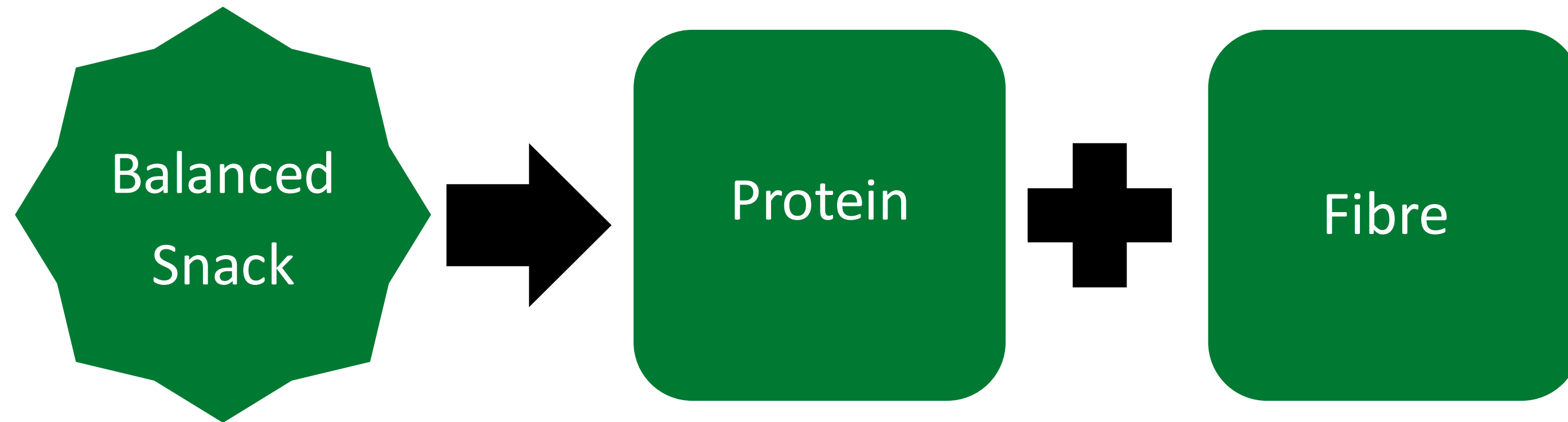
Consider having caffeinated beverages at the start of your shift. Then
switch to decaffeinated beverages!





What snacks / drinks do you reach for to give you energy and fuel you?

Snacking Tips



Snack ideas!

PROTEIN IDEAS

- Almonds
- Beans
- Cheese Sticks
- Chicken Strips
- Chickpeas
- Cottage Cheese
- Edamame
- Eggs
- Fish
- Greek Yogurt
- Hummus
- Lean Meats
- Lentils
- Milk
- Nuts and Seeds
- Peanuts
- Protein Bars
- Protein Shakes
- Pumpkin Seeds
- Quinoa
- Sunflower Seeds
- Tofu
- Turkey Slices

FIBER IDEAS

- Beans
- Bell Peppers
- Berries
- Bran Muffins
- Broccoli
- Carrots
- Chia Seeds
- Chickpeas
- Dried Fruit
- Figs
- Flaxseeds
- Fresh fruit
- Legumes and Lentils
- Oats
- Popcorn
- Quinoa
- Seeds
- Snap Peas
- Whole Grain Crackers
- Whole Grain Muffins
- Whole Wheat Bread

Additional snack ideas

Pantry Staple (Desk, Car, Bag, Locker)	Store in the fridge
<ul style="list-style-type: none">• Dried fruits• Apples, oranges• Trail mix• Granola or energy bar<ul style="list-style-type: none">◦ choose one with 4 g fibre, 4 g protein, 8-10 g sugar per serving• Nut butter and crackers• Canned tuna and crackers• Unsalted popcorn	<ul style="list-style-type: none">• Greek yogurt / yogurt dips• Cottage or ricotta cheese• Fruit and vegetables• Hummus• Edamame• Smoked tofu

Let's make a snack!

List one SMART goal from today!



Questions?!

Let's connect!

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