

Workforce Health

Food for Success



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- My participation in the Program is not a substitute for a medical checkup or, by itself, a basis for making any decision about the need for medical care.
- The Program will not include a medical diagnosis, and I should consult with my primary care practitioner if the Program leads me to believe that I will require medical care.
- I fully release Froedtert Health, Inc. from any liability in connection with sponsoring, conducting, or coordinating the Program.

Developed by Workforce Health
 PRESENTED BY KELLY DREW, RD
 REGISTERED DIETITIAN/HEALTH COACH




1

Objectives

At conclusion of this presentation attendees will be able to:

- Understand basic information on the macronutrients—carbohydrates, protein and fat.
- Recognize how to make healthy choices when time is a factor.
- Learn tips for eating and hydrating properly to fuel a day of hard work. Discuss tactics for constant breakroom treats.
- Discuss tips to plan a healthy lunch while saving time, money and calories. Leave with recipes for lunches and snacks.



2

Causes of Fatigue

- Too many calories – blood must go to stomach and digest=afternoon slump!
- Too many carbs – Leads to quick burst and then crash of energy. Extra carbs stored as fat.
- Not enough carbs – you may experience fatigue, muscle cramps, and poor mental function. Keto flu! Brain fog!
- Dehydration
- Poor sleep
- Stress
- Poor social connections




3

Food Choices Matter

- Aim for a well-balanced diet, starting with breakfast.
 - Whole grains
 - Fruits and Vegetables
 - Lean protein
 - Healthy Fats
- Keep energy levels up by eating 3 balanced “meals” per day, plus a snack if needed.
- Stick with whole foods when possible.



4

Macronutrients

- Eat a variety of foods and mostly whole foods (not packaged)
 - Carbs give you energy and fiber – whole grain breads, pastas, and cereals. Shoot for >25 grams of fiber/day.
 - Protein builds and repairs muscle – lean meats, dairy, nuts. Shoot for 75-100 grams per day from foods.
 - Fat provides energy and helps you feel full. Get healthy fats from nuts, avocados, and fish. Limit to <65 grams/day.



5

Carbohydrates

- Offers an immediate energy source for your body in the form of glucose
- Source of pre and probiotics for a healthy gut
- 1 gram carbohydrate = 4 calories
- Body's #1 choice for fuel for muscles and organs – including our brain!
- Two types of carbohydrates
 - Complex and simple



6

Complex Carbohydrates

- Takes longer for the body to digest because they contain 3+ sugar molecules
- Found in nearly all plant-based foods
- Found in whole-wheat and sprouted grain bread, whole-grain pasta, brown rice and starchy vegetables and legumes/beans.



7

Simple Sugars

- Easily digested by the body
- Contains 1 or 2 sugar molecules
- Sugars are found naturally in fruits, 100% fruit juice and milk/yogurt
- **Added** as refined sugar to processed foods; such as soft drinks, energy bars and candy



8

Simple Sugar Impact

- What you eat affects your body's blood glucose, triglyceride response and inflammation
 - Calorie-dense, nutrient-poor diet = higher blood sugars, higher triglycerides and higher inflammation
 - Regularly consuming a diet like this puts you at higher risk to develop diabetes and heart disease

9

What's the Skinny on Added Sugar?

- 4 grams of sugar = 1 tsp of sugar, 16 calories
- Keep added sugars to less than 10% of your intake
- Added sugars do not include natural sugars from fruit or milk



Source: American Heart Association

American Heart Association:

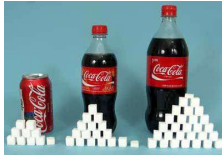
Men=9 tsp./36 grams/150 calories per day
 Women=6 tsp./24 grams/100 calories per day



10

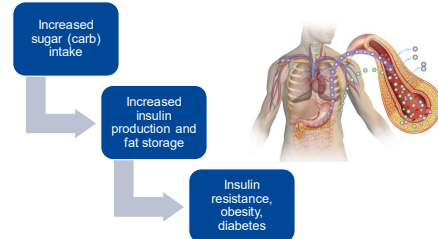
Common Hidden Sugars

Food	Grams of Added Sugar
Starbucks Venti Strawberry Acai Refresher	48 grams
12 oz Cherry Coke	42 grams
Red Bull	27 grams
6 oreos	27 grams
1 Crumbl cookie	76 grams
Culvers vanilla shake	35 grams
Starbucks PSL	50 grams
20 oz Mt Dew	73 grams
1 1/2 cups Lucky Charms	20 grams
1 apple or banana	0 grams
Twix bar	28 grams



11

Sending your Body into Overdrive



Source: American Diabetes Association



12

How many carbohydrates?

- 40-55% of your calories should be from mostly complex carbohydrates
- Try and choose whole grains that have 3 grams or more grams of fiber per serving
- Too many– any not stored in the liver and muscle cells is turned into fat
- Not enough– you may experience fatigue, muscle cramps, and poor mental function



13

Protein

- Builds and repairs muscle
- Helps you feel satisfied (provides endurance)
- Blunts glucose spikes
- Range of 75-100 gms per day from foods
- Protein needs change with age, activity
- Consume throughout the day for muscles and weight maintenance.
- Sources include lean meats, dairy, nuts, cheese, nut butters, hummus, soy
- Protein powders



14

Fat

- Provides energy and helps you feel full
- Healthy fats are the vehicle to nutrient absorption and provide energy
- Blunt the glucose spikes we looked at earlier
- Limit to <65 grams/day
- Get healthy fats from nuts, avocados, fish and chia/flax seeds
- Couple protein and healthy fats with the complex carbs for best energy and metabolic response

15

Setting up for Success

Let's take that information and use it to set you up for workday success.



16

Before Work – Start Your Shift Right

- Hydrate!
 - Drink 2 cups (16 ounces) of water 2-3 hours before your shift or when you first wake up
 - Drink another 1 cup (8 ounces) of water when you start your shift
 - Check your urine
 - Lemonade color = well hydrated
 - Apple juice color = drink more fluids



17

Before Work – Start Your Shift Right

- Fuel! Avoid working on an empty stomach – you need fuel to ensure stamina, endurance and performance
- Homemade egg muffin sandwich – whole grain English muffin with an egg, Canadian bacon or lean ham, cheese, spinach
- Whole grain bread with peanut butter and fruit (apple, banana, grapes)
- Smoothie – fruit, veggies, yogurt/milk
- Greek yogurt with a low sugar granola bar



18

Plan Smart Snacking

- Eating regular healthy snacks (2-3/day) in addition to balanced meals can help with blood sugar and appetite control
- Combine complex carb, protein, and/or healthy fat
- Portion out approximately 100-200 calories
 - Use small containers, jars or bags
 - Make it look appetizing
- Schedule snacks into your day
- Always keep something with you in case of emergency (car, purse, briefcase, drawer at work)



19

Packing a Smart Snack

- Fresh fruit + nut butter
- Cut-up veggies (plain or with yogurt dip)
- Yogurt (Greek)
- Low-fat cheese sticks
- Single-serve guacamole
- Hummus/ whole grain crackers
- Baked chickpeas
- Lentil tortilla chips and salsa
- Sandwiches/wraps/ English muffin/mini bagel
- Nuts + dried cherries
- Single-serving oatmeal packet + fruit and flax
- Popcorn and pistachios
- Milk or milk alternative and whole grain cereal
- DIY protein box
- Frz fruit



20

During Work – Keep Energy High

- Hydrate!
 - Avoid dehydration to prevent fatigue and maintain concentration
 - Don't wait for thirst to drink...if you're thirsty, you're already dehydrated!
 - Will also help replenish carbohydrates for energy
 - Caution with caffeine in the afternoon



21

Remember...

- Stay hydrated to prevent fatigue/mask hunger
- Carbohydrates are the fuel that makes active/hard work possible
 - Stick with complex carbs, dairy and fruit
- Lean protein helps restore and build muscle
- Healthy fats provide energy to the body, regulates hormones, and absorbs nutrients



22

During Work – Keep Energy High

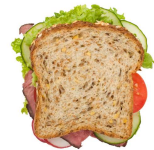
- Fuel!
 - Carbohydrates are the main source of energy
 - Complex carbohydrates combined with protein maintain consistent energy level throughout the day to avoid crashes
 - Plan for this



23

During Work – Keep Energy High


- How to Fuel
 - If your active/hard work will be 1-2 hours:
 - Have a 200 calorie carbohydrate based snack after an hour
 - If your active/hard work will be 2-4 hours:
 - Ideally every hour replenish energy
 - Have a 200-400 calorie carbohydrate based snack after 2 hours
 - Lunch time
 - 400-500 calorie balanced meal – avoid high fat meals



24

Packing a Healthy Lunch

What to bring?



- Greek yogurt, string cheese
- Fruit or veggies with yogurt dip
- Sandwiches, wraps, English muffin, mini bagel
- Whole grain salads
- Natural deli meats or boiled egg
- Baked potato or sweet potato



25

Lunch

What to keep at work:

- Tuna or salmon packs
- Nuts, seeds, nut butters
- Whole grain crackers
- Low sugar oatmeal
- All-natural jerky
- Low sodium soup, chili or refried beans
- Brown rice bowl




26

Work Room Tactics

Be wary of office goodies

- Eat breakfast at home
- Avoid mindless nibbling
- Stock healthy snacks
- Eat treats with a meal
- Chew gum



Potlucks and parties

- Bring a healthy dish
- Theme meal
- Rate your plate (1/2 veggies)



27

Takeout Tips

- Plan ahead
- Check out menus and nutrition online
- Use apps and websites
- Look for grilled, steamed, baked vs fried or breaded
- Choose broth-based or marinara sauce over cream-based
- Opt for more salsa or pico than cheese or sour cream



28

Transition to Home

- Hydrate!
 - On the way home
 - Check your urine
- Fuel!
 - Plan a carbohydrate and protein snack
 - Replenishes energy stores and provides protein
 - Be prepared: Bring a snack with you



29

Poll Question

What one thing could you do to improve your energy or endurance during your shift?

30

Recap

- Know how foods make you feel and adjust
- Know what it is in the foods you eat EVERYDAY – do some fact finding to match the goals you have
- Increase whole foods at one meal or snacks
- Respect and love your body. Not all bodies are meant to look the same. Appreciate the way you are made and honor yourself with the foods you eat.
- Remember the other aspects of wellness affect your energy



31

Your opinion matters!

Please take two minutes to let us know about your experience. Your answers are completely anonymous and will be used to improve our program.



Open your camera app on your smartphone to scan QR code

Questions & Feedback

- Company Code: (0268)
- Presentation: (Food for Success)
- Facilitator: (Kelly Drew)



32

Questions?



33
