



Delish in a Dish: Nutrition at the Workplace

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Workplace Woes

- ✓ Little or no breakfast
- ✓ Morning coffee break
- ✓ Lunch on the go
- ✓ Afternoon crash
- ✓ Heavy dinner
- ✓ Not enough sleep

Workplace Woes

- ✓ Little or no breakfast
 - ✓ Morning rush excuses
 - ✓ Not hungry in the morning
 - ✓ Not enough time
 - ✓ Trying to save on calories

Workplace Woes

- ✓ Little or no breakfast
 - ✓ Consequences
 - ✓ Increased risk of weight gain
 - ✓ Metabolism still sleeping
 - ✓ Low blood sugar
 - ✓ Hunger carries over to later meals
 - ✓ Increased risk of dehydration
 - ✓ Decreased productivity at work

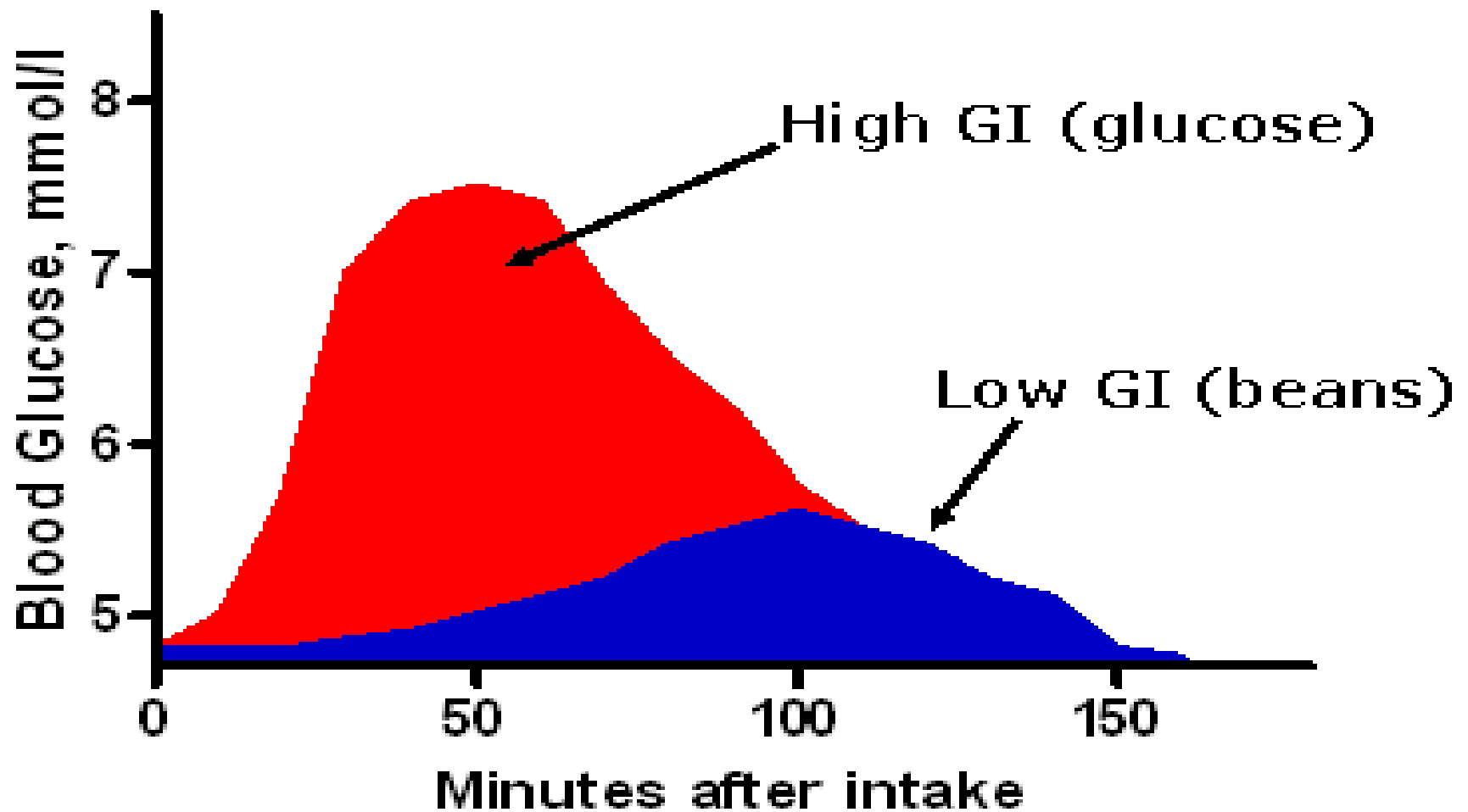


Workplace Woes

- ✓ Morning coffee break
 - ✓ Need pick-me-up
 - ✓ Blood sugar rises fast and high, then falls
 - ✓ Causing more drowsiness
 - ✓ Lack of concentration and productivity

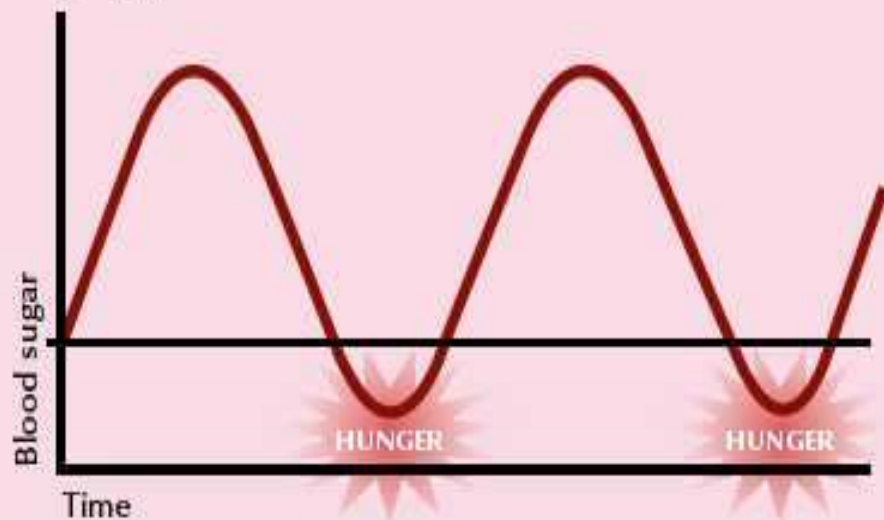
Blood Sugar and You

Glycemic Index



YOUR HEALTH AND THE GLYCEMIC INDEX

High-glycemic chart



RELEASE ENERGY QUICKLY

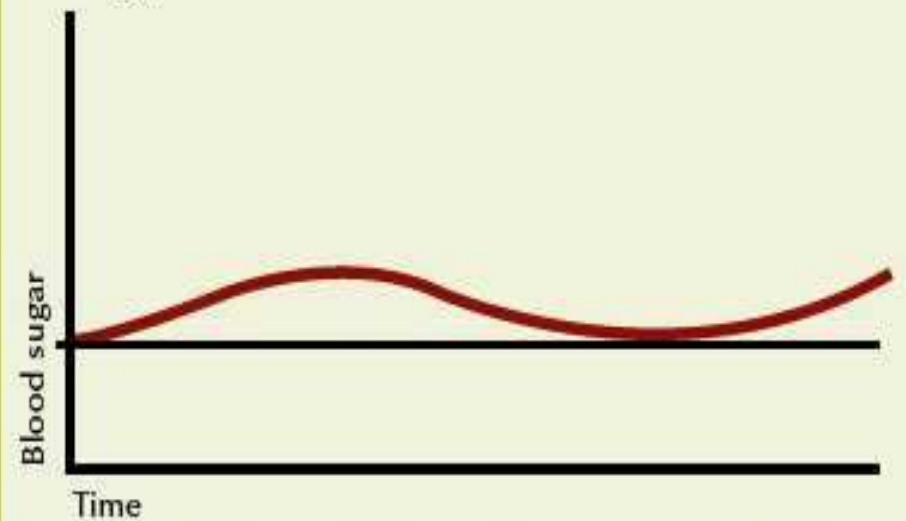


FEEL HUNGRY SOONER



EAT MORE

Low-glycemic chart



RELEASE ENERGY SLOWLY



FEEL FULL LONGER



EAT LESS

YOU CAN RESET YOUR EATING HABITS...

Workplace Woes

- ✓ Lunch on the Go
 - ✓ For some, 1st meal of the day
 - ✓ Difficult to make healthy choices when so hungry
 - ✓ Difficult to control portions when so hungry

Workplace Woes

- ✓ Lunch on the Go
 - ✓ Cafeterias
 - ✓ Many options, healthy and unhealthy
 - ✓ Hidden villains at salad bar
 - ✓ Method of cooking and sauces on hot foods
 - ✓ Side dishes

Workplace Woes

- ✓ Lunch on the Go
 - ✓ Neighborhood eateries
 - ✓ “Fast food” restaurants
 - ✓ Lunch rush hour
 - ✓ Business lunches
 - ✓ Tempting menu options
 - ✓ Appetizers, beverages, desserts

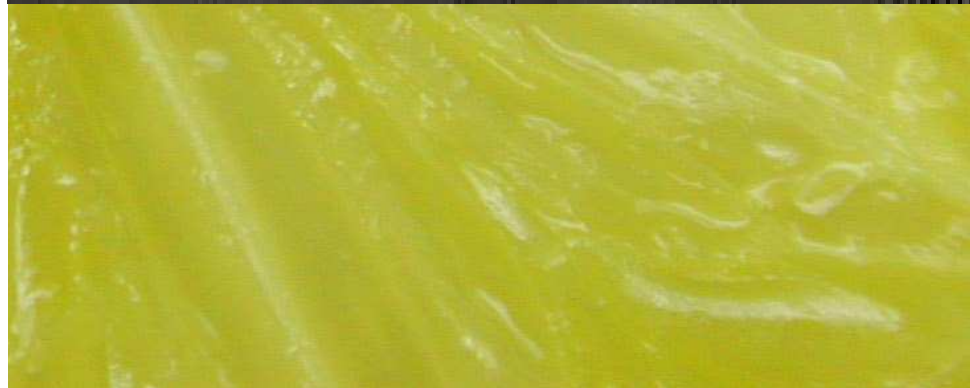
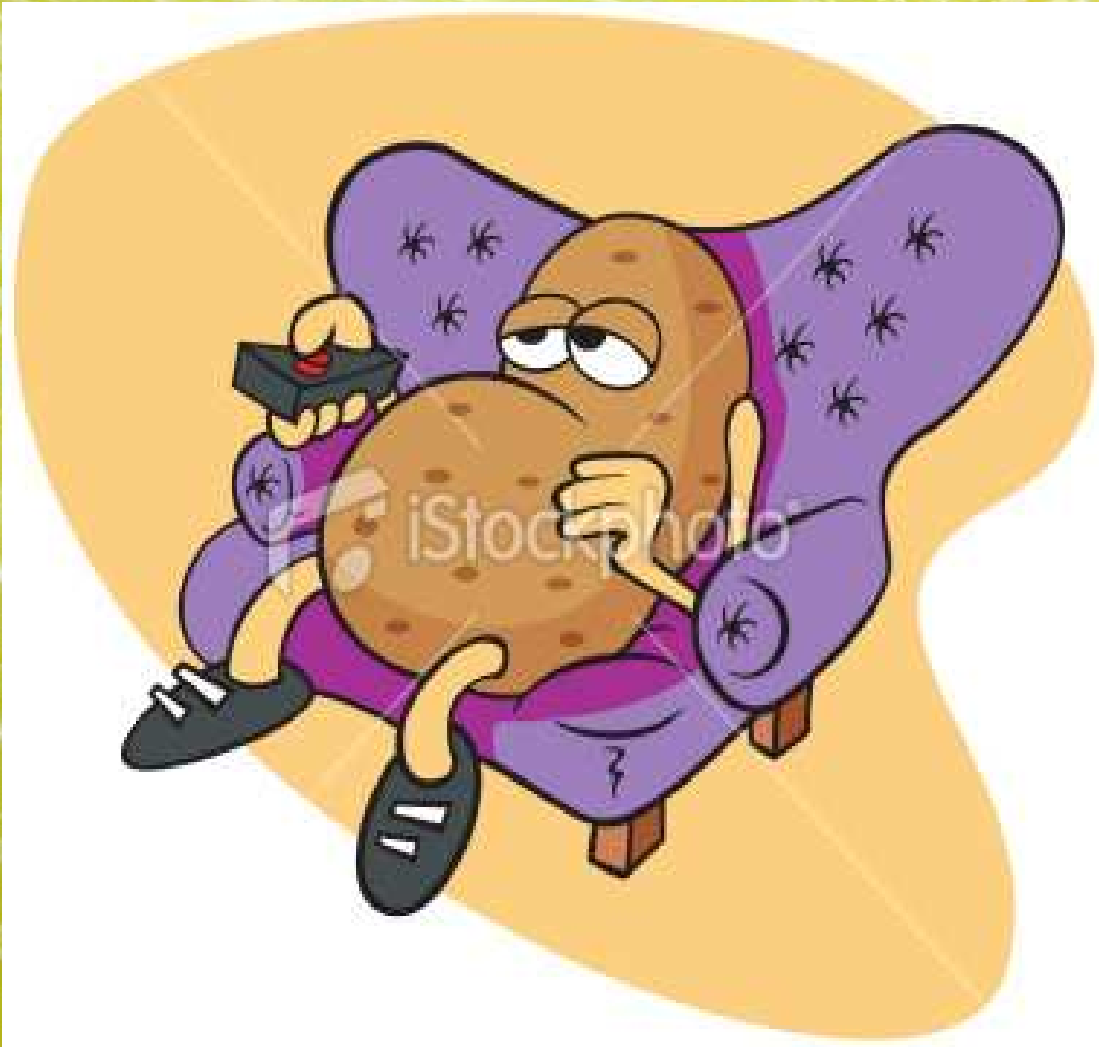
Workplace Woes

- ✓ Afternoon crash
 - ✓ 3:00-4:00pm
 - ✓ Crave something sweet
 - ✓ Office candy drawers
 - ✓ Vending machines
 - ✓ Coffee bar



Workplace Woes

- ✓ Heavy dinner
 - ✓ Americans eat heaviest meal at night
 - ✓ Opposite of activity level
 - ✓ Often difficult to control portion
 - ✓ Head to the couch
 - ✓ Then to bed
 - ✓ Next morning start cycle all over again!



Workplace Woes

- ✓ Not enough sleep
 - ✓ During the day, metabolic processes
 - ✓ During sleep, everything else
 - ✓ Motor and cognitive function
 - ✓ Hormones recharge

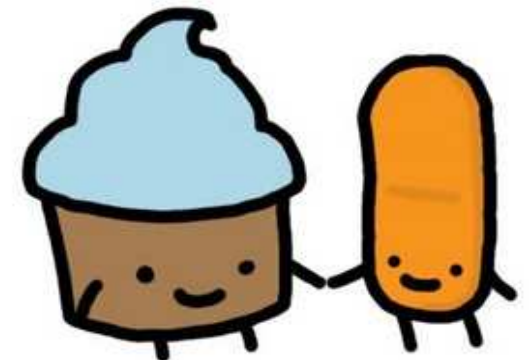
Workplace Woes

- ✓ Not enough sleep
 - ✓ Increases risk of
 - ✓ Unstable emotions
 - ✓ Lack of focus
 - ✓ Memory lapses
 - ✓ Weight gain

Workplace Winners

- ✓ Breakfast: the most important meal of the day
 - ✓ BREAK-the-FAST
 - ✓ Wake-up your metabolism
 - ✓ If your stomach is satisfied, you can focus on work

Cupcake + Multivitamin!



Super Breakfast!

Workplace Winners

- ✓ Breakfast: the most important meal of the day
 - ✓ Combination of high fiber carbs and protein
 - ✓ Egg whites with veggies and whole grain toast
 - ✓ Almond butter and preserves on toast
 - ✓ High fiber cereal and cottage cheese

Workplace Winners

- ✓ Morning coffee break
 - ✓ If had breakfast, coffee OK
 - ✓ Use sugar in the raw or stevia
 - ✓ Add soy/almond/hemp milk for added calcium and protein
 - ✓ Avoid coffee beverages like frappuccinos
 - ✓ Good alternatives
 - ✓ Caffeinated or herbal tea

Workplace Winners

- ✓ Power lunch
 - ✓ Bring your own if possible
 - ✓ Big salad with lean protein
 - ✓ Whole grain wrap
 - ✓ Peanut butter and jelly
 - ✓ Leftovers

Workplace Winners

- ✓ Power lunch
 - ✓ Cafeterias
 - ✓ Salad bar OK if choose 90% vegetables
 - ✓ If sandwich, choose wrap if possible and low sodium deli meat, no cheese, lots of veggies
 - ✓ Look for fish and vegetables at hot food station
 - ✓ Avoid potato chips, french fries and desserts

Workplace Winners

✓ Power Lunch

✓ Neighborhood eateries

✓ Look for places with fresh foods and fast turnover

✓ Avoid pre-made selections

✓ Examples:

✓ Greek deli- Greek salad, chicken skewers, lemon soup

✓ Sandwich shop- lowfat tuna salad on whole grain wrap

✓ Sushi- seaweed salad and sashimi or roll with brown rice

✓ Hamburger joint- turkey burger or veggie burger, no bun

Workplace Winners

- ✓ Power Lunch
 - ✓ Business lunches
 - ✓ Don't be tempted by menu
 - ✓ Choose 2 appetizers- salad plus something else
 - ✓ Look for grilled, boiled, broiled, baked, steamed
 - ✓ Be suspicious of sauteed items and sauces
 - ✓ Order flat or sparkling water to drink
 - ✓ Be annoying!

Workplace Winners

- ✓ Afternoon recharge
 - ✓ Choose snack that will get you through the end of the day
 - ✓ Pre-measured snacks eliminate portion problem
 - ✓ Combination of carb and protein

Workplace Winners

- ✓ Afternoon charge
 - ✓ Greek yogurt, berries and flax seed
 - ✓ Cottage cheese, cantaloupe and chia seeds
 - ✓ Cut up veggies and hummus
 - ✓ Whole grain crackers and lowfat cheese
 - ✓ BYO trail mix

Workplace Winners

- ✓ Dinner
 - ✓ Hungry, but not starving
 - ✓ Family meal- enjoy conversation
 - ✓ Table for one- still deserve royal treatment
 - ✓ Be the first one to start and last one to finish

Workplace Winners

✓ Dinner

- ✓ Use smaller plate and utensils
- ✓ Put down the fork
- ✓ Don't forget to drink
- ✓ Wait at least 1 hour before lying down

Resume Boosters

- ✓ Omega-3
 - ✓ Brain food- enhances memory and performance
 - ✓ Cardioprotective- lowers triglycerides
 - ✓ Anti-inflammatory
 - ✓ Essential fat- polyunsaturated
 - ✓ Animal and plant sources

Resume Boosters

- ✓ Omega-3

- ✓ Animal- DHA and EPA

- ✓ Body's favored source

- ✓ Fatty fish: salmon, mackerel, tuna, herring, sardines

- ✓ Plant- ALA

- ✓ Body will convert this to DHA

- ✓ Oils: flax seed, canola, algal

- ✓ Foods: soy, wakame, pumpkin/flax seeds, walnuts

Resume Boosters

- ✓ Fiber
 - ✓ Two kinds- soluble and insoluble
 - ✓ Both serve different purposes
 - ✓ Soluble: helps lower cholesterol
 - ✓ Insoluble: helps promote healthy digestive system
 - ✓ Fiber = Fullness = Focus
 - ✓ More full at given meal
 - ✓ Fuller for longer between meals

DIETARY FIBER AND HEALTH

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graph TD; A[DIETARY FIBER AND HEALTH] -.-> B[Helps prevent constipation]; A -.-> C[Improvements in gastrointestinal health (Diverticular disease, Haemorrhoids, Irritable bowel syndrome)]; A -.-> D[Reduction in the risk of developing some cancers]; A -.-> E[Reduction of hyperlipidaemia, hypertension and other coronary heart disease risk factors]; A -.-> F[Increased satiety and hence some degree of weight management]; A -.-> G[Improvements in glucose tolerance and insulin response (Diabetes)];
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Helps prevent constipation

Improvements in gastrointestinal health
(*Diverticular disease, Haemorrhoids, Irritable bowel syndrome*)

Reduction in the risk of developing some cancers

Improvements in glucose tolerance and insulin response
(*Diabetes*)

Reduction of hyperlipidaemia, hypertension and other coronary heart disease risk factors

Increased satiety and hence some degree of weight management

Resume Boosters

✓ Fiber

✓ Goal is at least 25g per day

✓ 1 cup blueberries = 4g fiber

✓ ½ cup steel cut oats (cooked) = 5g fiber

✓ ½ cup lentils (cooked) = 8g fiber

✓ 1 oz pistachios (~20 nuts) = 4g fiber

✓ 2/3 cup pearled barley = 6g fiber

✓ **TOTAL= 27g fiber**

Resume Boosters

✓ Antioxidants

✓ Help fight against free radical oxidation

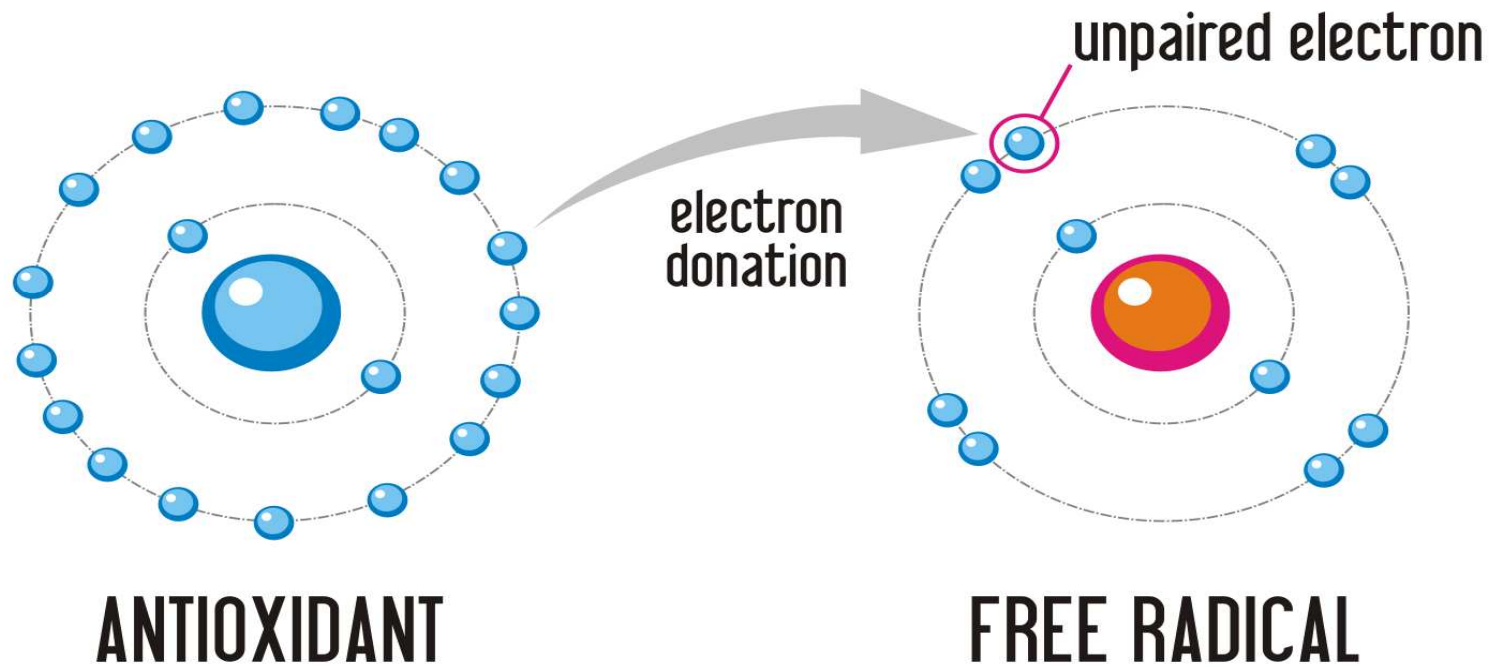
- ✓ Caused internally by normal metabolic processes

- ✓ Caused externally by smoking, stress, exercise, pollution, UV rays, alcohol, etc.

✓ Decrease risk of chronic diseases

- ✓ Cancer, stroke, heart disease, Alzheimer's disease, cataracts

How antioxidants reduce the free radicals



Resume Boosters

- ✓ Antioxidants (ACES)

- ✓ Vitamin A- beta carotene

- ✓ Deep orange and green

- ✓ Carrots, sweet potato, kale, spinach, thyme

- ✓ Vitamin C

- ✓ Papaya, bell peppers, broccoli, Brussel sprouts, oranges

Resume Boosters

- ✓ Antioxidants (ACES)
 - ✓ Vitamin E
 - ✓ Sunflower seeds, almonds, olives, oils
 - ✓ Selenium
 - ✓ Brazil nuts, mushrooms, cod, shrimp, salmon

Take Home Message

- ✓ Eat a full nutrition dense breakfast
- ✓ Choose snacks to keep blood sugar leveled
- ✓ Opt for fresh and brain boosting items at lunch
- ✓ Eat fruit in the afternoon
- ✓ Enjoy a portion-controlled meal at night
- ✓ Gets lots of sleep to recharge your body

Contact Me!

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