Healthy Eating for Sustained Energy & Concentration

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1. Benefits of a Healthy Diet
2. Energy from Food
3. Improve Energy & Concentration
4. Meal & Snack Ideas
ASK YOURSELF:

- Do you make time for breakfast?
- Do you go > 4 hours without eating?
- Is your biggest meal of the day dinner?
- Do you drink coffee, juice or pop more than water?
- Is your favourite vegetable a french fry?
- Do you spend most of the day at your desk and find that you have little time to exercise?
What are 5 Meaningful Benefits of a Healthy Diet?
BENEFITS of a HEALTHY DIET

A Healthy Diet will help you to:

• Manage a healthy weight
• Control blood sugar, blood cholesterol & blood pressure
• ↓ risk of chronic disease
• Enhance immune system
• Control appetite & food cravings
• ↑ energy & concentration
FOOD ENERGY

- Food = Calories = Energy
- Eat → Digest → Absorb → Energy
- Energy Yielding Nutrients:

CARBOHYDRATES, PROTEIN, FAT
CARBOHYDRATES (CHO)

- Body & brain’s preferred source of energy

- Converted into glucose in the body & raises blood sugar (BS):
  - used for ENERGY
  - stored as GLYCOGEN
  - stored as FAT

- Three types: sugar, starch, fibre
CARBOHYDRATES

Sugar
• Most basic CHO
• Absorbed quickly
• Raises BS quickly
• Converted into glucose → ENERGY (or stored)

Starch
• Long chains of sugars
• Broken down into sugar
• Some types raise BS quickly, others slowly
CARBOHYDRATES

Fibre

- Cannot be broken down
- **Does not** raise blood sugar
- **Does not** provide energy
- Slows down absorption of sugar → **slow & steady rise in BS** → **longer lasting energy**
- Helps you stay full & satisfied
CARBOHYDRATES

Sugar:
- white, brown; honey, syrup
- fruit, milk, yogurt (natural)

Starch: bread, pasta, rice, cereal, oatmeal, starchy vegetables, beans, legumes, starchy snack foods (i.e. pretzels, chips)

Fibre: whole grains, fruits, vegetables, beans, legumes, nuts, seeds
UNHEALTHY CARBS

- low in nutrients = “empty calories”
- broken down & absorbed quickly
- causes BS to spike high & drop quickly

Result:
- poor energy & concentration, fatigue, hunger
UNHEALTHY CARBS

- **Sugar**: white & brown, honey, syrup, jam, juice, pop, chocolate…

- **Foods with added sugar**: baked goods, frozen desserts, granola bars…

- **Refined Grains**: white bread products, rice, pasta; low fibre or sugary cereals (i.e. corn flakes); starchy snack foods…
HEALTHY CARBS

- high in nutrients
- take longer to break down & absorb
- cause a slow & moderate rise in BS & smooth return to normal

Result:
- longer lasting energy & concentration
- full & satiated → appetite control
HEALTHY CARBS

- **Whole Grains**: bread products, crackers, pasta; brown rice; cereal, oatmeal (+ fibre)

- **Starchy Vegetables**: potatoes, yams, squash, corn, peas, beans/legumes (+ water, fibre)

- **Fruit & Water Based Vegetables** (+ water, fibre)

- **Milk & Yogurt** (+ water, protein)
PROTEIN

• Used for growth & repair of muscle & tissue
• Does not raise blood sugar
• When paired with cholesterol, slows down the absorption of sugar = longer lasting energy & concentration
HEALTHY PROTEIN

- Eggs, Egg Whites
- Lean Meat
- White, Skinless Poultry
- Fish, Seafood
- Beans, Legumes
- Nuts, Seeds
- Soy, Tofu
- Low fat Milk, Yogurt, Cheese
FAT

- **not** the brain’s preferred source of energy

- Does not affect blood sugar

- Slows down the absorption of sugar for **longer lasting energy & concentration**

- “Healthy fat” needed in diet: eg. olive oil, grape seed oil. But NOT trans fat (which is in lots of baked goods and fast food.)
UNHEALTHY FAT

Saturated Fat
• Butter, lard
• ↑ fat meats, poultry
• ↑ fat dairy: cream, cheese, ice cream..
• Tropical oils: coconut, palm…

Trans fat
• Hard margarine
• Deep fried food
• Muffins, pastry, doughnuts…
• Processed food: cookies, crackers…
HEALTHY FAT

- **Oil**: Olive, Grapeseed, Flaxseed
- **Salad Dressing** *(made from healthy oil)*
- **Non-Hydrogenated Margarine** i.e. Becel
- **Nuts, Seeds**
- **Nut or Seed Butter**
- **Avocado**
- **Low fat** mayo, sour cream, dairy…
Getting the right amount of **protein, carbs, fibre & fat + nutrients** throughout the day, at regular intervals, in the right combination will help you achieve steady blood sugars & **energy** levels and keep you healthy.
Improve Energy & Concentration

- Eat balanced meals & snacks
- Practice portion control
- Eat every 3-4 hours
- Limit caffeine
- Drink water
- Exercise
Balanced Meals & Snacks

- Adequate Protein, CHO (carbs), Fibre, Healthy Fat
- Low in calories, fat, sugar
  - Vegetables and fruits
  - Complex carbs
  - Protein (beans, fish, chicken, tofu)
Choosing foods from:

at least

3 - 4 groups @ MEALS

+ 

2 groups @ SNACKS

= 

“Balanced, Healthy Eating”

All Nutrients!
Balanced Breakfast – Example

Whole Wheat Wrap with Scrambled Egg Whites & Salsa + Yogurt + Berries

- **Wrap** - Whole grain = CHO, Fibre
- **Eggs** – Meat/Alternative = Protein
- **Yogurt** – Milk/Alternative = Protein, CHO
- **Berries** – Fruit = CHO, Fibre
PORTION CONTROL

HELPS PREVENT:

• Highs & lows in BS & energy
• Fatigue & lethargy
• Feeling of fullness
• Weight gain
THE PLATE MODEL

Vegetables
- Salad
- Raw Vegetables
- Cooked Vegetables: Dark greens, carrots, etc

Protein
- Beans, Legumes
- Poultry
- Fish, Seafood
- Soy, Tofu
- Eggs, Seeds, Nuts
- Cottage Cheese

Grains/Starches
- Whole wheat Pasta
- Brown Rice
- Starchy vegetables
- Whole grain bread
- Other whole grains

Note: fruit, milk, yogurt or healthy soup can be served on the side
PORTION CONTROL - tips

• Meat, Poultry, Fish, Seafood - 3 oz or ½ cup
• Tofu – 150 g or ¾ cup
• Beans, Legumes - ¾ cup
• Nuts, Seeds - ¼ cup
• Eggs – 2 whole or 4 egg whites
• Cottage Cheese – ¾ cup
• Milk, Yogurt – 1 cup
• Bread Products - 2 slices bread, 1 wrap, pita, bun
• Grain or Starches - 1/2 cup pasta, brown rice, cereal, etc
• Fruit - 1 medium, ½ cup
• Vegetables - 1 cup
• Fats & Oils - 1 tbsp
PORTION CONTROL - tips

• Portion out your food before eating it - avoid eating out of bags or containers
• Measure food: cereal, rice, pasta, yogurt, salad dressings, cooking oil…
• Use small bowls, plates & utensils
• Ask for dips, dressings, sauces & spreads on the side when you eat at a restaurant
• Load up on vegetables to help fill you up!
EAT FREQUENTLY

• Prevents lows in blood sugar
• Provides a constant supply of calories for the body & brain
• Keeps energy & concentration levels up
• Prevents hunger & urges to overeat later in the day
SNACKS

- 1 tbsp Almond Butter, 2 Ryvita or Wasa Crackers
- ½ cup Cottage Cheese, ½ cup canned Fruit (in juice)
- 2-3 thin slices Cheese, ½ small whole grain Bagel
- 6-8 Walnuts, Apple
- ¾ cup plain Yogurt, 1 cup Berries
- 1 tbsp all natural Peanut Butter, 6” whole grain Tortilla
- 1 boiled Egg, 1 slice whole grain Toast
- Granola or Energy Bar: Kashi, Optimum
- ½ cup Trail Mix – ½ nuts & dried fruit, ½ cereal
LIMIT CAFFEINE

- Small amount can ↑ concentration & alertness
- Maximum = 400 mg per day
  - 2.5 cups coffee, 8 cups tea
- TOO MUCH =
  - restlessness, anxiety, irritability, headaches, dehydration, fatigue, sleeplessness…
DRINK WATER

- All fluids count
- Most foods count – fruit, vegetables, dairy…
- ~ 8-9 cups per day (individual variability)
- ↑ Needs - salt, sugar, caffeine, alcohol, activity, heat
- Dehydration = low energy, fatigue, poor concentration
EXERCISE

HELPS TO:
- Prevent chronic disease: cancer, heart disease, type 2 diabetes, osteoporosis
- Relieve stress, anxiety & depression
- Increase muscle, burn fat, improve metabolism
- Control weight & prevent obesity
- Improve strength, posture & reduce the risk of injury
- Improve sleep & ENHANCE ENERGY & mood
MINIMUM of 30 min. of moderate intensity aerobic activity, 5x/week

- Increases heart rate
- Increases breathing rate
- Causes you to feel warm or sweat in hot or humid weather
- * Does not cause extreme fatigue

- If light activities: increase to 60 min. 7 x/week
- Include: muscle & bone strengthening activity twice per week
EXERCISE

Include a VARIETY:

- **Endurance** – walking, cycling, swimming, skating, aerobics

- **Flexibility** – tai chi, yoga, pilates, gentle bending & reaching (gardening, mopping)

- **Strength** – weight training, push ups, sit ups, climbing stairs, lifting heavy objects, raking leaves or shoveling snow
HELPFUL TIPS!

- Create a weekly **MENU**
- Grocery shop & make lunches for the week on the weekend
- Plan for leftovers & make “batches”
- Keep healthy snacks at home & work
- Schedule in exercise
- Go for a “power walk” on lunch
- Ask for “half decaf” coffee
- Stop drinking caffeine at 12 p.m.
- Keep a water bottle at your work desk
BREAKFAST IDEAS

- Whole grain toast, 2 boiled eggs, orange
- Low-fat granola, yogurt, berries
- Oatmeal, almonds, milk
- Muesli – mixed grains, yogurt, dried fruit
- Fruit & nut pita, almond butter, cottage cheese, pineapple
- High fibre apple muffin (homemade), low fat cheese, banana
ON-THE-GO BREAKFAST

- Small bagel, almond butter, no added sugar jam; cottage cheese cup
- Cheese, avocado sandwich, apple
- Peanut butter & banana on a WG wrap
- Kashi bar, pear, handful of walnuts
- Breakfast pita, almond butter, milk
- Small homemade blueberry bran muffin, yogurt drink, orange
- Smoothie – milk or yogurt, frozen berries, whey protein, side of WG toast
WEEKEND BREAKFAST IDEAS

- Whole wheat french toast, berries, vanilla yogurt, sprinkled with nuts
- Oatmeal pancakes - made with whole grain flour, oats & egg whites, berries
- Bagel Halves, melted low fat cheese, applesauce, drizzle of maple syrup
- Greek scrambled eggs – with roasted potatoes & tzatziki
- English muffin, poached eggs, spinach, light hollandaise
SNACK IDEAS

• Sliced or canned fruit, yogurt and/or cottage cheese
• Whole grain crackers/toast & low fat cheese
• Baked pita chips & hummus
• Baked tortilla chips & salsa, black bean dip
• Low fat, high fibre muffins & low fat cheese
• Trail mix – nuts, seeds, dried fruit, cereal
• Granola or Energy bars (with protein) – Kashi, Luna, Optimum
ON-THE-GO SNACK IDEAS

- Apple, Pear or Orange & small container of Yogurt, Milk or Cottage Cheese
- Small Bagel (<160 calories), Laughing Cow Cheese
- 6” Tortilla, Nut Butter & reduced sugar Jam
- Trail Mix (¼ cup if mostly nuts, ½ cup if mostly cereal)
ON-THE-GO SNACK IDEAS

- **Granola or Energy Bar** - Cliff, Luna, Optimum, Kashi
- **Cheese String or Babybel** - light, 8-9 small Crackers (i.e. rice crackers, Kashi)
- **Crisp Bread** (Wasa, Ryvita), **Almond Butter**
- **Vegetable Sticks, Hummus**
WORK - LUNCH IDEAS

• Hearty bean soup or chili & a WG pita
• Salmon, tuna, egg, chicken or sardine salad on a WG bread
• Turkey & avocado on a small WG bagel
• Feta or goat cheese & vegetables, balsamic vinaigrette on a WG wrap
• Tuna, feta & vegetable, WG pasta salad (low fat salad dressing)
• Tuna, black bean & low fat cheese salad
• Canned salmon mixed with low fat ricotta on Ryvita crackers
• Yam & egg salad (mostly egg whites, low fat mayonnaise, +++ vegetables)
• Chicken & mozzarella salad with Wasa crackers & hummus (*low fat salad dressing*)
• Chickpea & couscous salad – raisins, nuts, feta with fresh or roasted vegetables
• Pita with homemade roasted red pepper hummus & cucumber
QUICK DINNER IDEAS

• Black Bean, corn & low fat cheese quesadilla
• English muffin or pita pizzas
• Homemade turkey, chicken or veggie burgers
• 2 egg (or 4 egg white) omelet & toast
• Whole wheat, thin crust, frozen vegetarian or chicken pizza, side salad
• Tofu, chicken, or lean beef stir fry & brown/wild rice or brown rice noodles
• Quinoa salad: avocado, tomatoes, cucumber, peppers, onion, feta
QUICK DINNER IDEAS

• **Whole Grain Pasta** (spaghetti, lasagna) – *tomato or vegetable based sauce; lean meat, poultry, seafood, low fat cheese (skim milk mozzarella, ricotta); extra vegetables*

• **Homemade Burgers** – *extra lean ground turkey, beef, chicken or legume/soy based; low fat cheese (feta, goat, cheddar) & vegetable toppings on a whole grain bun*

• **Lean Protein** - white, skinless chicken; lean cuts of beef or pork; fish, seafood – *limit high fat sauces i.e. cream, cheese, butter etc. (with a side)*
LUNCH & DINNER - sides

- **Sliced Vegetables** - low fat ranch, hummus
- **Salad** - variety of vegetables; low-fat dressing
- **Cooked Non-Starchy Vegetables** - steamed, boiled, stir fried with little oil
- **Whole Grains** – brown rice, whole grain pasta or couscous, barley, bulgur, quinoa
- **Starchy Vegetables** – baked, roasted, steamed or mashed root vegetables; corn on the cob; peas, beans & legumes
LUNCH & DINNER - other

- **Sugar & Caffeine Free Beverages:** milk, water, soda water; herbal tea, decaf tea/coffee
- **Soup:** broth, tomato, vegetable, legume or milk based (instead of cream)
- **Condiments** – low calorie, low fat – mustard, mayo, sour cream, salsa, hummus, tzatziki, guacamole…
REFERENCES

• Chuey P. et. al. (2007). Dietitians of Canada: Simply Great Food.
• Eating for Energy: www.eatingforenergy.com
• Eat Right Ontario: www.eatrightontario.ca
• Health Canada: http://www.hc-sc.gc.ca/index-eng.php
• Mayo Clinic: www.mayoclinic.com
• Practice Based Evidence in Nutrition: http://www.dieteticsatwork.com/PEN/
STEPS TO LESS™ PROGRAM

• Weekly Nutrition & Fitness classes

• Learn how to:
  – attain & maintain a healthy weight
  – meet your nutritional needs
  – control appetite, food cravings & urges to overeat
  – plan simple, healthy meals & snacks based on your calorie & nutrient needs
  – interpret food labels & shop smart at the grocery store
  – work out efficiently & effectively to reach your personal fitness & health goals! (includes home workouts)
STEPS TO LESS™ PROGRAM

Receive:

– food record analysis
– nutrition recommendation report
– personalized meal plan based on your calorie & nutrient needs, food preferences & daily schedule
– meal & snack ideas including recipes
– grocery shopping tour & guide with “best” brands to buy
– program manual, binder with educational materials, success tracker
– fitness assessment & body measurements
Nutrition Counselling also available!
STEPS TO LESS™ PROGRAM

Next Program starts: April 12th

OR it can be set up at OPG

1. 6 weeks of Nutrition Classes (1 - 2 hr per wk)
2. 12 weeks of Nutrition Classes (1-2 hr per wk)
3. 12 weeks of Nutrition & Fitness Classes
THANK YOU!

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