



Eat for Alertness

Welcome to this week's discussion

The focus this week is the importance of eating right

Did you know that lack of sleep can lead to eating too often?

Your body will try hard to fuel itself — one way or another! Unfortunately, this may make you gain weight. Cravings, hunger, and overeating result from skipping meals or not eating on a schedule. This kind of eating leads to peaks and lows in your energy levels.

Take the time to stop for breaks, and do your best to eat your meals and snacks at the same time every day or night.

Besides eating regularly, you should try to eat foods that release energy slowly. You need to go on a tofu and celery juice diet to prevent fatigue; just choose foods carefully to keep up your energy at work.

What Should I Eat?

Foods to Avoid

Sugary sweets (e.g. cakes, pastries & muffins)
 Fatty meat (e.g. fatty cuts of beef, pork, lamb & chicken with skin)
 Fried foods (e.g. chips, donuts onion rings)
 High-fat dairy products (e.g. whole milk, butter, lots of cheese, sour cream, ice cream)
 "Junk" food (e.g. crisps, sweets) and Fast foods (e.g. pizza or burgers)
 Soft fizzy drinks and Alcohol

Healthy Foods

Lean meats (e.g. skinless chicken or turkey)
 Fish & Shellfish (crab, salmon, tuna, trout, sea foods).
 Beans & Pulses (e.g. soy beans, tofu, kidney beans, beansprouts)
 Low-fat dairy products (e.g. cheese, yogurt)
 Fruits (e.g. apples, bananas, oranges, strawberries)
 Vegetables (e.g. asparagus, broccoli, carrots, onions)
 Wholegrain breads, cereal, and crackers
 Potatoes, rice, and noodles
 Fruit juice (no more than 1 glass a day)
 Nuts, grains

Top Tips

Remember to get your 5 a day. Eat lots of fruit and veg. Try and eat more fish. Cut down on saturated fat and sugar. Try to eat less salt. Get active and try to be a healthy weight. Drink plenty of water. Don't skip breakfast



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Dietary Suggestions:

If you want more energy, look at your diet and make sure you're following these basic guidelines:

- *Drink lots of water. Dehydration can lead to fatigue.*
- *Be careful with caffeine. 1 or 2 caffeinated drinks per day like coffee or tea can boost your energy and mental alertness, but more than 6 caffeinated drinks per day may make you anxious, irritable, and negatively affect your performance.*
- *Eat breakfast. Food boosts your metabolism and gives your body energy to burn. Choose a complex-carbohydrate breakfast like porridge or whole grain bread.*
- *Don't skip meals. Going without food for too long allows blood sugar levels to dip. Try to eat regularly to maintain your energy levels throughout the day.*
- *Don't crash diet. Low calorie diets or diets that severely restrict carbohydrates don't contain enough energy for your body's needs. The typical crash diet also deprives the body of vitamins, minerals and trace elements.*
- *Eat a healthy diet. Increase the amount of fruit, vegetables, whole grain foods, low fat dairy products and lean protein in your diet. Reduce the amount of high fat, high sugar and high salt foods.*
- *Eat iron rich foods. Women in particular are prone to iron-deficiency (anaemia). Make sure your diet includes iron rich foods such as lean meat, fish and greens.*

Discuss in your teams:

- *Do you make time to eat healthily at lunchtime?*
- *What is your favourite 'healthy meal' and when did you last have it?*
- *What tips could you give to someone living a hectic life to enable them to eat healthy?*
- *Have you experienced a time when your healthy eating has led to a demonstrable rise in energy and alertness?*
- *Is there anything you can do as a team to increase your healthy food intake?*