



#obolife

Beating the afternoon slump

obo

eating for energy



beating the afternoon slump

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nutritional therapist

- Fully registered nutritional therapist specialising in corporate health and wellbeing.
- Working with obo to deliver talks, seminars and workshops, that educate, inspire, and create change.
- Passionate about empowering organisations, and individuals, to foster shifts that enhance overall physical, mental, and emotional wellness.



clients telling me the same things...

- Work in an office environment.
- Poor sleep.
- Long hours.
- Constantly on the go.
- Find it hard to switch off
- Moderate/high alcohol.
- Convenience foods.
- Consistently high stress levels.
- Work through lunch/eat lunch at desk.
- High caffeine.
- High sugar.
- Low energy.



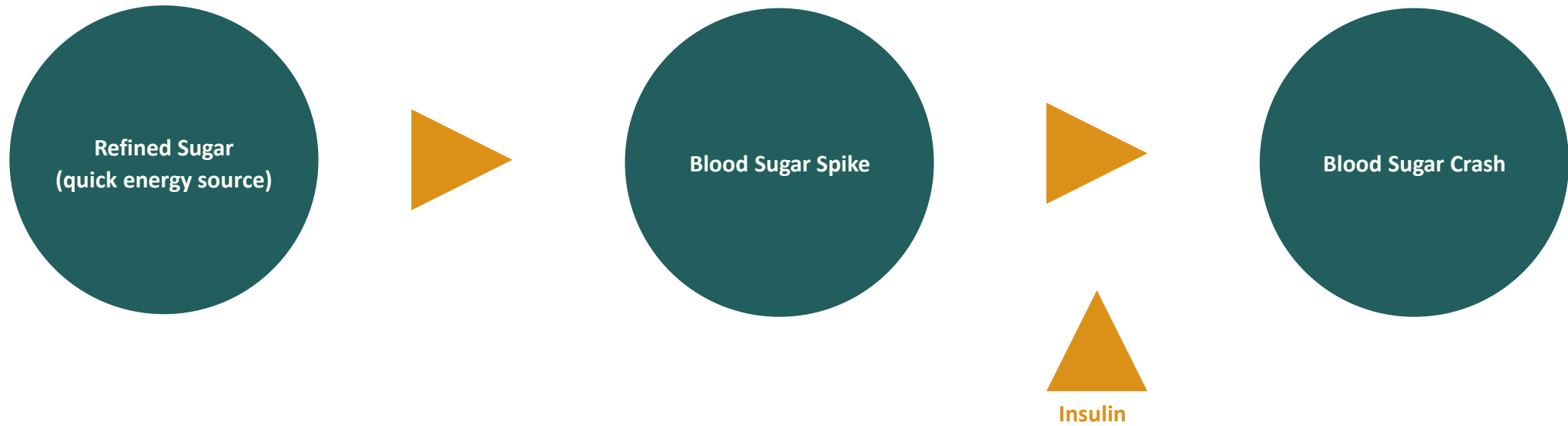
why is good nutrition at work so important?

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- Cognitive Health
 - Digestive Health
 - Immune health



not only important to ensure we are focused, productive, and do our job to the best of our ability, but essential for our overall, long-term health

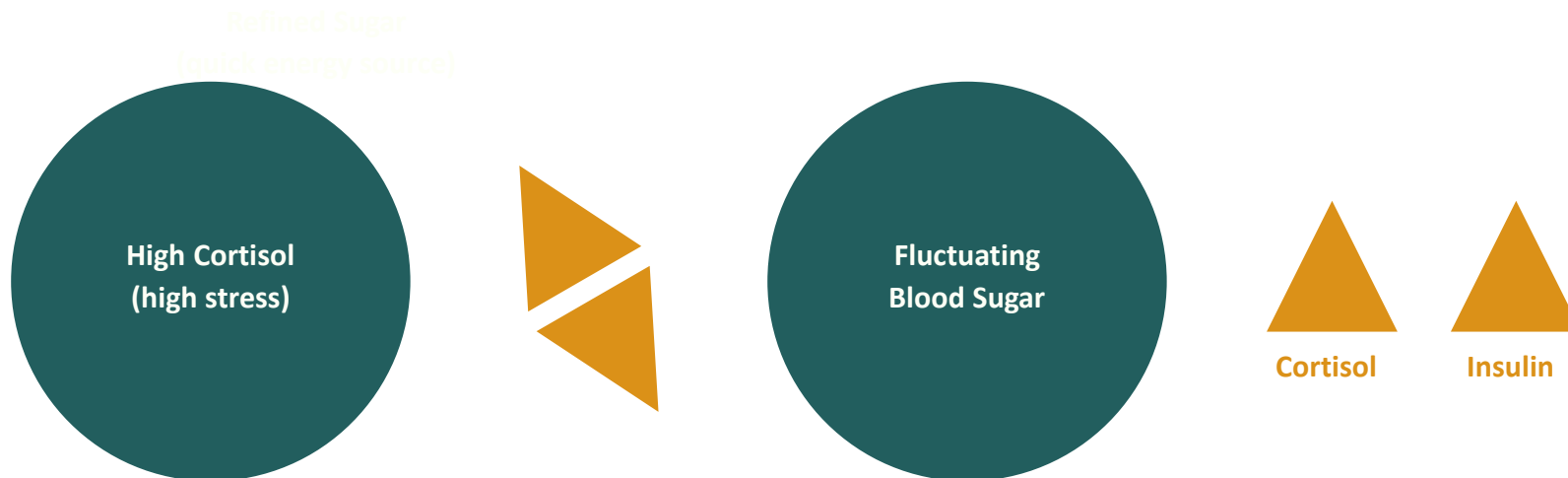
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Sugar crash = Low energy = Body craving another quick energy source = **Sugar!**

blood sugar and cortisol¹

- Intimately connected.
- Fluctuating blood sugar drives high cortisol AND high cortisol drives fluctuating blood sugar.
- PLUS body releases MORE cortisol in response to sugar crash

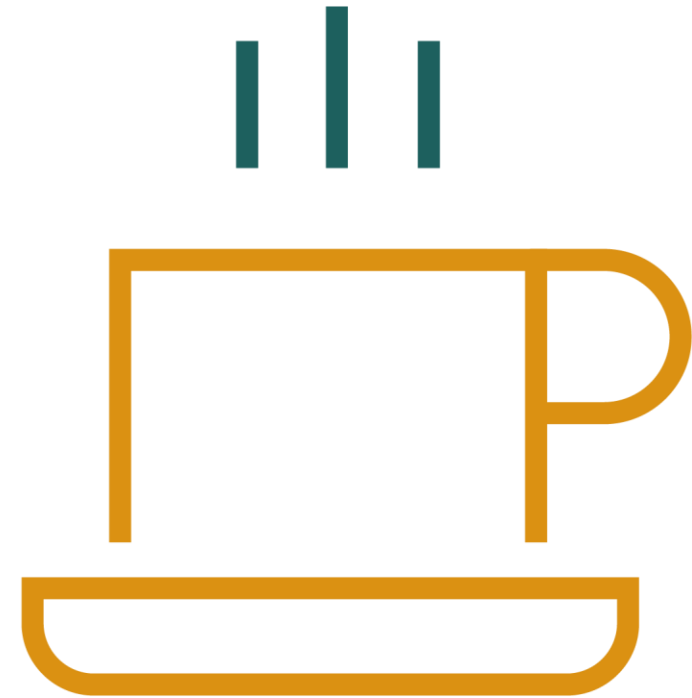


1. Stanhope, K. (2015) 'Sugar consumption, metabolic disease & obesity: The state of the controversy', Critical reviews in Clinical Laboratory Sciences, 53(1), pp. 52-67.

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caffeine¹

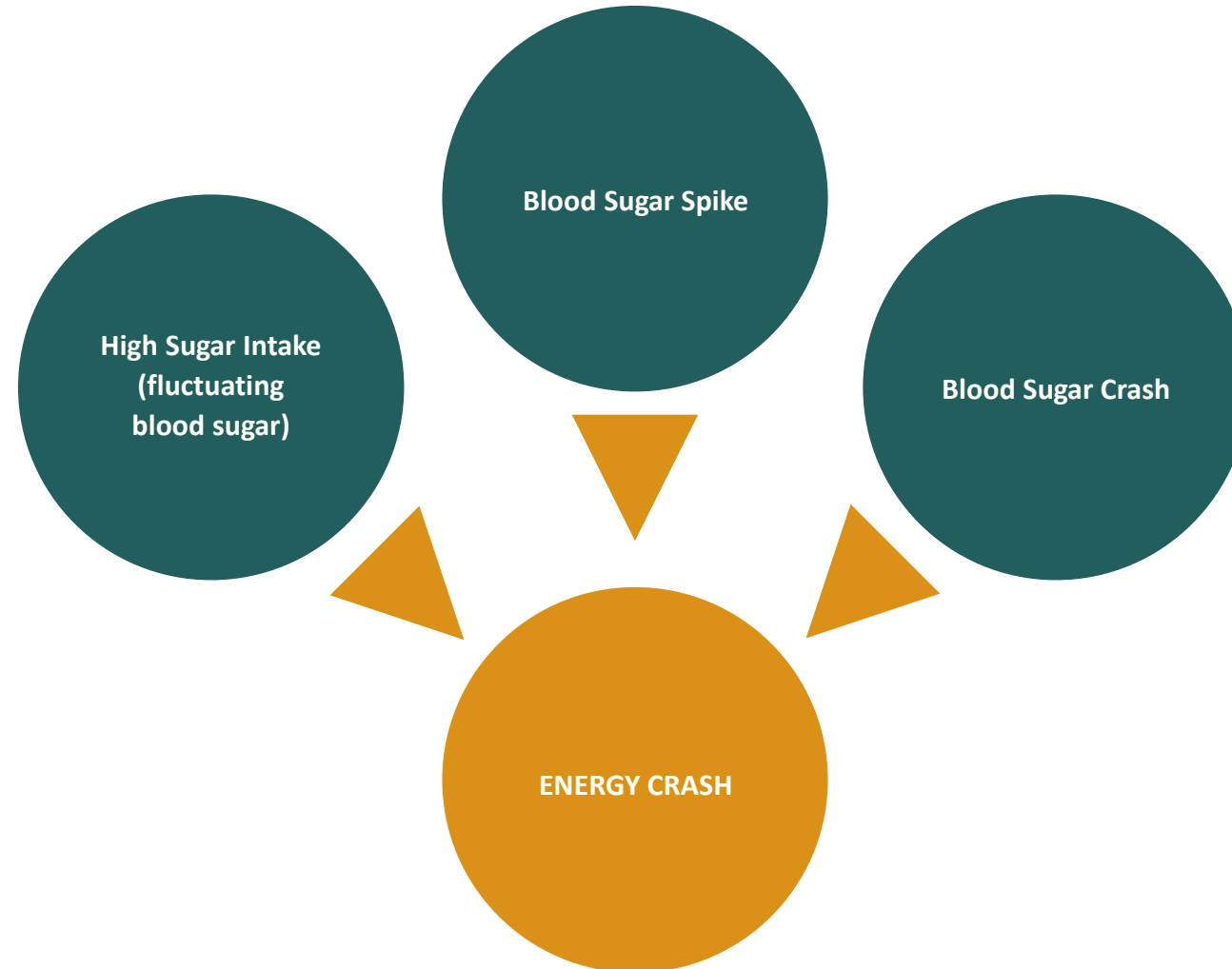
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- Stimulant.
 - Works directly on our adrenal glands.
 - Signals release of cortisol.
 - Drives fluctuating blood sugar.
 - Can exacerbate anxiety and stress.



1. Sharif, K. et al. (2017) 'Coffee and autoimmunity: More than a mere hot beverage!', Autoimmune Review, 16(7), pp. 712-721.

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vicious cycle



breakfast¹

Complex Carbohydrates

Steady supply of slow release energy.

- Oats
- Quinoa
- Buckwheat
- Fibrous veg
- Wholegrain bread
- Sourdough bread
- Spelt bread
- Rye bread



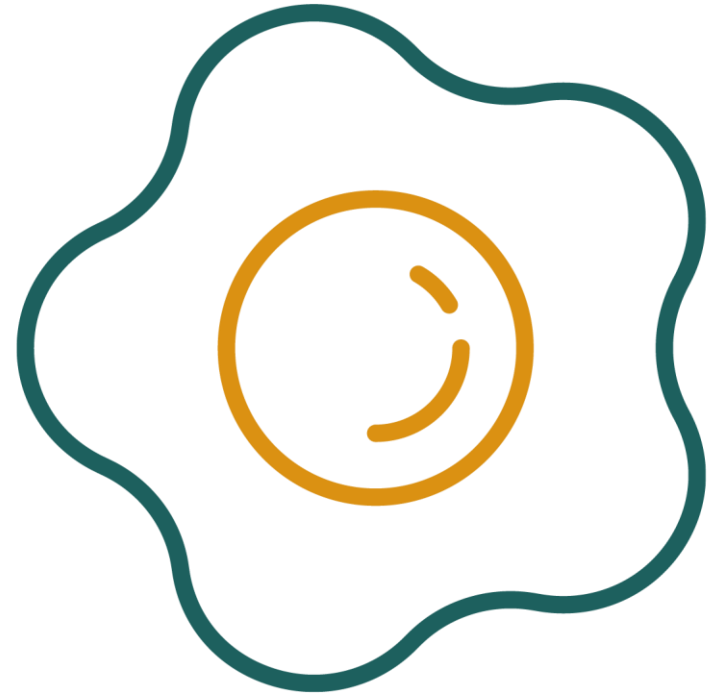
1. Amankwaah, A. et al. (2017) 'Effects of higher dietary protein and fiber intakes at breakfast on postprandial glucose, insulin, and 24-h interstitial glucose in overweight adults', *Nutrients*, 9(4), p.352.

breakfast¹

Protein

Blood sugar regulator, reduces sugar cravings, keeps us fuller for longer².

- Eggs
- Nuts
- Seeds
- Nut butter
- Beans
- Protein powder
- Spirulina
- Chlorella
- Chia seeds



1. Amankwaah, A. et al. (2017) 'Effects of higher dietary protein and fiber intakes at breakfast on postprandial glucose, insulin, and 24-h interstitial glucose in overweight adults', *Nutrients*, 9(4), p.352.

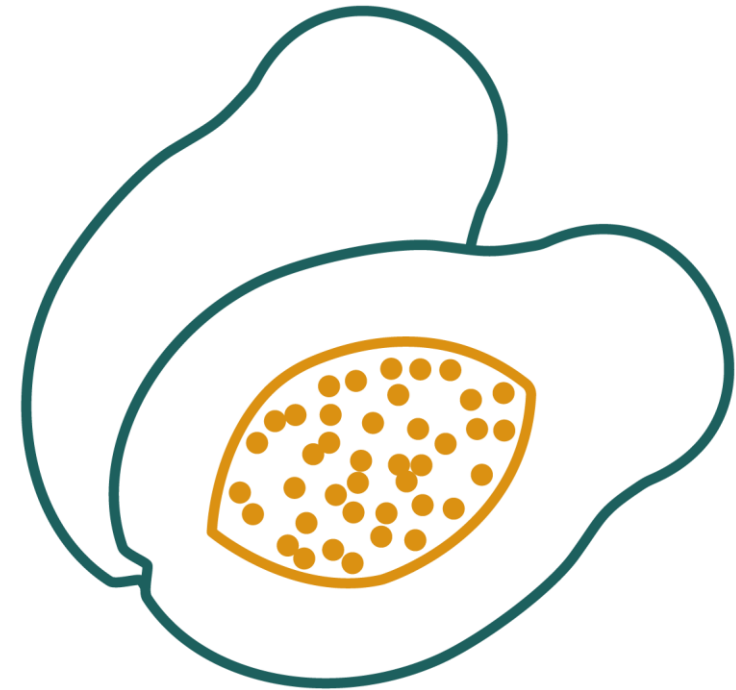
2. Bowen, J. Brindal, E. James-Martin, G. Noakes, M. (2018) 'Randomized trial of a high protein, partial meal replacement program with or without alternate day fasting: similar effects on weight loss, retention status, nutritional, metabolic, and behavioural outcomes', *Nutrients*, 10(9).

breakfast¹

Healthy Fats

Balances cortisol, regulates blood sugar, kick-starts metabolism, brain food.

- Avocado
- Nuts
- Seeds
- Nut butter
- Yoghurt
- Eggs
- Salmon
- Flax seeds
- Chia seeds
- Coconut oil



1. Amankwaah, A. et al. (2017) 'Effects of higher dietary protein and fiber intakes at breakfast on postprandial glucose, insulin, and 24-h interstitial glucose in overweight adults', *Nutrients*, 9(4), p.352.

lunch

Complex Carbohydrates

- Brown rice, Quinoa, Buckwheat, Sweet Potato, Squash, Fibrous Veg

Protein

- Eggs, Quinoa, Lean Meat, Fish, Lentils, Beans, Legumes

Healthy Fats

- Oily fish, Avocado, Eggs, Nuts, Olive Oil

Fresh Vegetables

- Aim for as much variety, vibrancy and colour as possible – **EAT THE RAINBOW!**



snacks¹

- Protein and healthy fat!
- Keeps us fuller for longer and reduces sugar cravings
- Avoid sugary, high saturated/trans fat snacks



1. Bellisle, F. (2014) 'Meals and snacking, diet quality, and energy balance', *Physiology & Behaviour*, 134, pp. 38-43.

healthy snack choices

- Nuts/seeds
- Hummus with veg sticks
- Natural/Greek/Coconut yoghurt (add nuts/seeds/berries)
- Boiled eggs
- Oatcakes with nut butter
- Protein-based energy ball/bar
- Salmon
- Flax seeds
- Chia seeds
- Coconut oil



the importance of hydration¹

- We are 60% water.
- Water is essential to ensure proper function of all our body systems.
- When we are dehydrated the flow of oxygen to our brain is affected.
- Drinking water is one of the quickest ways to boost energy.
- When we are hydrated we are more focused, we concentrate better, and we are more productive.



1. Cincotta, M. et al. (2016) 'Fatigue and fluid hydration status in multiple sclerosis: A hypothesis', Multiple Sclerosis Journal, 22(11), pp. 1438-1443.

what should we be drinking and how much?

- 1.5-2 litres per day.
- **CLEAN FILTERED WATER!**
- Herbal teas.
- Water flavoured with fruit, mint etc.



what should we be avoiding?

Drinks high in sugar¹

- Fizzy drinks, fruit juices, fruit-based smoothies, squash.

Drinks high in caffeine²

- Coffee, tea, caffeinated fizzy drinks.

Caffeine is a **diuretic** – has the opposite affect to hydrating and makes us lose water.



1. DiNicolantonio, J. and Berger, A. (2016) 'Added sugars drive nutrient and energy deficit in obesity: a new paradigm', Open Heart, 3(2), p. e000469.

2. Sharif, K. et al. (2017) 'Coffee and autoimmunity: More than a mere hot beverage!', Autoimmune Review, 16(7), pp. 712-721.

Thank you

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