

# Regular meals

Maintaining blood sugar levels helps to maintain a good mood throughout the day. Make sure you eat at least three meals each day. Missing meals can cause mood swings, irritability and fatigue.

Try a healthy snack like nuts, fruit or some of our Gather & Gather protein pots to keep you full between meals.



# Processed foods

Eating sugary foods can cause an initial surge of energy that wears off very quickly and causes your body to suddenly feel tired. Wholegrain foods contain fibre which can help you feel fuller for longer.

The fibre helps the broken down sugars to be slowly absorbed in the body keeping energy levels high and preventing mood swings. Try to avoid sugar and sugary drinks, cakes, sweets and puddings.



# Protein

Include protein at every meal to ensure a continuous supply of the amino acid tryptophan to the brain as this can influence your mood.

Good sources of protein and therefore tryptophan are meat, fish, eggs, cheese, nuts, beans and lentils.



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# Fluid

Being dehydrated can affect our feelings and behaviour. An adult loses approximately 2.5 litres of water daily through the lungs as water vapour, through the skin as perspiration and through the kidneys as urine.

If you don't drink enough fluids to replace this loss then you will get symptoms of dehydration, including irritability, loss of concentration and reduced mental functioning.



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# NUTRITION FOR A BUSY LIFESTYLE

## *Tips for eating on the go*

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### STARCHY CARBOHYDRATES

Starchy carbohydrates are a great way to get more energy and calories into your diet especially when you are on the go and need to make sure you keep your energy intake up at the right levels. These types of food also have added nutritional value such as fibre, vitamins & minerals to keep you healthy on a daily basis. Include more wholesome starchy carbohydrates into your diet such as sweet potato, butternut squash, quinoa and rice.

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### LEAN PROTEIN

These are low in fat and keep you feeling fuller between meals. Tuna is packed with protein and good fats so why not take a small can of tuna with you on the go. Add this to rice cakes or Ryvita with some salad and you have the perfect quick and easy lunch. When cooking try grilled/baked versions over frying so you don't add any extra calories to your diet.

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### VEGETABLES

Vegetables are packed with fibre, vitamins, minerals and antioxidants and all low in calories so you can fill up your plate with a verity of colourful vegetables. Chop up some vegetables and have with some mint yoghurt dip or hummus for a filling snack during the day.

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### FRUITS

Like vegetables they provide many health benefits and are naturally low in calories and high in fibre, antioxidants and vitamins. Handy for a quick energy snack through out the day with some nut butter or yoghurt & seeds.

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### NUTS/SEEDS

Perfect protein and fibre packed snack during the day. High in good fats for heart health. Remember nuts are also very high in calories so watch your portion size and stick to a handful of nuts a day.

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### *Beating the sugar slump during the day*

We need some sugar in our diet to supply ready energy to fuel our muscles and keep our brains active.

A high intake of sugar causes our blood sugar levels to shoot up, giving us that feel-good 'high' followed by a crashing slump which leaves us tired, irritable and craving more sugary foods.

Try to consume foods that have more of a nutritional quality and if you want something sweet choose something like fruit & vegetables which have extra fibre to control your blood sugar levels so you don't get a crashing slump.

The recommendations from the World Health Organisation (WHO) are that only 5% of your daily calorie intake should consist of added, or 'free' sugars. This equates to approximately five/six teaspoons (25g) for women and seven/eight teaspoons (35g) for men.

When reading labels, if the labels shows that the product has more than 22.5g of total sugars per 100g means it has a high sugar content.

Choose products that have a level of 5g of total sugars or less per 100g as this means it has a low sugar content.

## KEEPING HYDRATED IN A BUSY WORKING LIFESTYLE

Your body is nearly two-thirds water and so it is really important that you consume enough fluid to stay hydrated and healthy

The amount of fluid you need depends on many things including the weather, how much physical activity you do and your age, but general recommendations suggest 1.6L of fluid per day for women (about 8 200ml glasses) and 2L of fluid per day for men (about 10 200ml glasses). This is on top of the water provided by food you eat.

### Tips:

- Make sure to keep sipping water throughout the day and always have a water bottle with you.
- Flavour water with lemons, limes, cucumber, berries etc if you want to sweeten up your fluids.
- Remember tea, juices, smoothies, fruit & vegetables all contain a lot of water so include these in your diet.

The easiest way to spot that you might not be getting enough water is if your urine is a dark yellow colour during the day. If you are getting enough water your urine should be a pale straw colour. So if it is darker than this then you probably need to drink some more fluid.

Drinking excessive amounts of fluid is not helpful and in rare cases can be dangerous.



## EATING & TRAVELING

### FAIL TO PREPARE - PREPARE TO FAIL

The best way of making sure you stay on track while you are travelling and away for work is to prepare your food in advance and make sure to make enough to get you through your trip.

Preparing food in advance of any week is also a perfect way to keep your nutrition in check during a normal week plus saves you money and time cooking if you are living a busy lifestyle.

### Tips:

- Make sure to include protein in every meal to fill you up.
- Snack healthy on nuts, seeds, yoghurts, fruit, vegetables and protein sources like boiled eggs & nut butters.
- Fill up on vegetables.
- Choose wholegrain versions and starchy vegetables like sweet potato, butternut squash as your main sources of starchy carbohydrates for energy.
- Keep hydrated to keep your concentration levels in check.

Hand Symbol	Equivalent	Foods
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies
	<b>Palm</b> 3 ounces	Meat Fish Poultry
	<b>Handful</b> 1 ounce	Nuts Raisins
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar