



Fueling Your Workday: Simple Nutrition Strategies for Busy Professionals



Scope of Practice

As a Licensed Practical Nurse and Certified Health Coach, my role is to provide general wellness education and practical strategies that can support healthier daily habits. Nutrition needs can vary greatly from person to person based on medical conditions, medications, and individual goals. For personalized nutrition guidance or medical nutrition therapy, I encourage you to connect with a Registered Dietitian, who is specially trained to provide individualized nutrition care.



Roadmap

- Why Nutrition Matters at Work
- Reading Food Labels
- Simple Nutrition Swaps
- Guess the Sugar Game

Why Nutrition Matters at Work

**The Reality of
Busy
Workdays**

Back-to-back
meetings

Eating at your
desk

Grabbing quick
convenience
foods

Afternoon
energy crashes

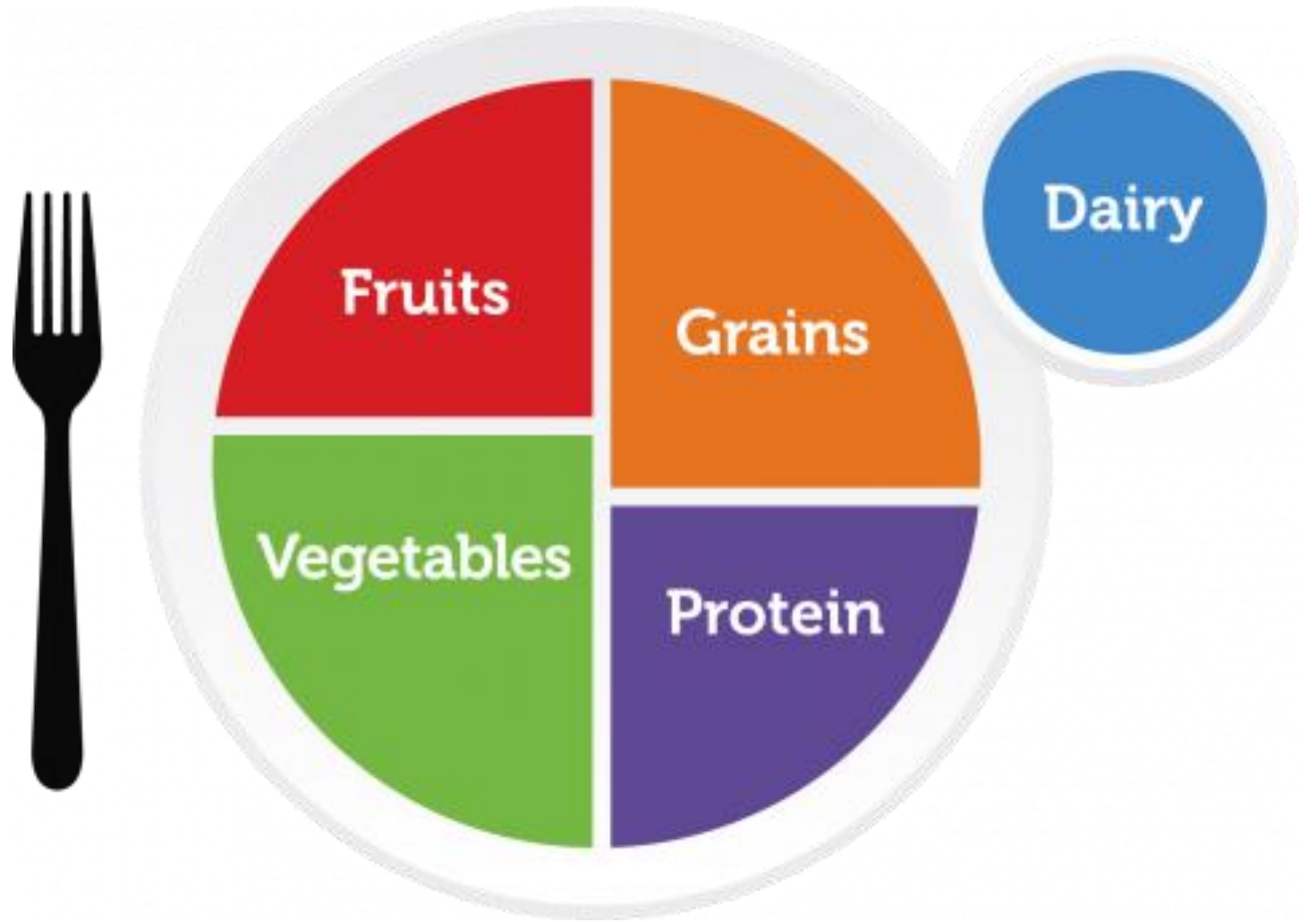
Before/after
work

Food = Fuel for Your Body & Brain

Nutrition impacts:

- Focus & Concentration
- Mood
- Sustained energy
- Immune health
- Long-term wellness & being our best version of ourselves

What Balanced Fuel Looks Like



Reading Food Labels

Why Food Labels Matter:

Compare products

Understand serving sizes

Can look at specific nutrients (ie. Sugar, Protein, etc.)

Anatomy of a Nutrition Label

- Serving Size
- Calories
- Fat
- Added sugar
- Protein
- Fiber
- Sodium
- Micronutrients

Nutrition Facts				
3 servings per container				
Serving size		3 pretzels (28g)		
	Per serving		Per container	
Calories	110		330	
	% DV*		% DV*	
Total Fat	0.5g	1%	1.5g	3%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	400mg	17%	1200mg	52%
Total Carb.	23g	8%	69g	24%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	<1g		3g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	3g		9g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	30mg	2%
Iron	1.2mg	6%	3.6mg	18%
Potassium	90mg	0%	270mg	5%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				

Serving Size

- Labels are based on one serving, not the entire package
- **How many total servings are in this product?**

Nutrition Facts	
about 4.5 servings per container	
Serving size	1/4 cup (40g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 31g	
Includes 18g Added Sugars	36%
Protein 0g	
Vitamin D 0mcg 0%	Calcium 20mg 0%
Iron 0.6mg 4%	Potassium 30mg 0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

What to Look at First



REALLY DEPENDS ON
YOUR GOALS



HEALTH PERSPECTIVE



CALORIES, FAT, ADDED
SUGAR, SODIUM



PROTEIN, FIBER AND
MICRONUTRIENTS

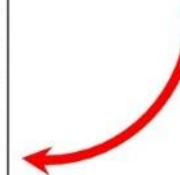
Natural Sugar vs. Added Sugar

- **Natural sugar = naturally occurring**
 - Fruit & milk
- **Added sugar = added**
 - Soda, sweetened drinks, desserts, flavored yogurts
- Why added sugar matters:
 - Extra calories with little nutrition (*1g = 4 calories*)
 - Blood sugar spikes and crashes
 - Long-term health risks
 - Adds up quickly! (Sneaky sugar)

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

Sugars 1g

Added Sugars 0g



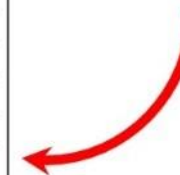
Natural Sugar vs. Added Sugar

**Question: How many
grams of sugar should
males/females stay at
daily?**

Males: 36 grams / 9 tsp
Females: 25 grams / 6 tsp

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

Sugars 1g
Added Sugars 0g



Comparing labels

Which product has
more protein?

Nutrition Facts	
8 servings per container	
Serving size 1 bar (24g)	
Amount per serving	
Calories 100	
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Sugar Alcohol 0g	
Protein 1g	
Vitamin D 0mcg 0%	
Calcium 80mg 6%	
Iron 0.7mg 2%	
Potassium 60mg 0%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts	
5 servings per container	
Serving size 1 bar (40g)	
Amount per serving	
Calories 200	
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 150mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	19%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 10g	15%
Vitamin D 0mcg 0%	
Calcium 40mg 4%	
Iron 1.5mg 8%	
Potassium 130mg 2%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Comparing labels

Which product has more added sugar?

Nutrition Facts	
about 5 servings per container	
Serving size	2/3 cup (170g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 14g	
Vit. D 0mcg 0% • Calcium 180mg 15%	
Iron 0mg 0% • Potas. 210mg 4%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts	
Serving size	1 container
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 27g	10%
Total Sugars 19g	
Includes 14g Added Sugars	28%
Protein 5g	10%
Vit. D 3mcg 15% • Calcium 190mg 15%	
Potas. 240mg 6% • Vit. A 180mcg 20%	
Not a significant source of dietary fiber and iron.	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Simple Nutrition Swaps

We want to keep it simple! To do this, you don't need:

- Expensive specialty foods
- Complex meal plans
- Perfect diets

Rather, think about ways to make small changes that:

- Add more nutrition and reduce calories and other components (added sugar, fat, sodium)
- Supports sustained energy
- Improves overall nutrition
- Small habits add up!

Breakfast for Energy

Who eats breakfast? Who skips?

Aim for whole grains (carbohydrates) and protein

Suggestions for balanced breakfast options:

Greek yogurt and fruit

Eggs and whole grain toast (extra egg whites)

Oatmeal and nuts

Smoothie with protein (and sneaky veggies!)

***Breakfast has a lot of sugary options – cereal, pastries, coffee, etc.**

Workday Lunch Ideas

Balanced options (think MyPlate)

- Salad with grilled chicken or salmon
 - Grain bowl with vegetables
 - Wrap with lean protein
 - Leftovers from dinner!

Smart Snacking

Look for protein and carbohydrates

Apple + peanut butter

Cheese + whole grain crackers

Greek yogurt + berries

Vegetables + hummus

TRAIL MIX!

Busy Weeknight Meals

Simple meal ideas:

- Rotisserie chicken + frozen vegetables
 - Stir fry
- Tacos or burrito bowls
 - Sheet pan meals

Afternoon Energy Slumps

Common causes:

- Dehydration
- High sugar snacks
- Skipping meals

To combat:

- Balanced lunch
- Protein snacks
- Hydration (water!)

Why Too Much Added Sugar Matters



Extra calories with little nutrition



Blood sugar spikes and crashes



Long-term health risks



Extra sugar adds up quickly!



Guess the Sugar
Game!

12oz can of Coca Cola

GASP



39 grams of sugar

***What would be something that
we could swap this item?***



Guess the Sugar Game!

16oz Starbucks Cookie Crumble Frappuccino Blended Beverage

“Frappuccino® Roast coffee, mocha sauce and Frappuccino® chips blended with milk and ice, layered on top of whipped cream and chocolate cookie crumble and topped with vanilla whipped cream, mocha drizzle and even more chocolate cookie crumble. Each sip is as good as the last . . . all the way to the end.”

WHOA!



**55 grams of added
sugar**

***What would be something that
we could swap this item?***



Guess the Sugar Game!

**1 Serving of Ketchup
(1 TBS)**

NO! Not the Ketchup!

**4 grams of
added sugar**



Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
About 33 servings per container		Total Fat 0g	0%	Total Carb. 5g	2%
Serving size 1 Tbsp (17g)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories 20 per serving		Trans Fat 0g		Total Sugars 4g	
		Cholest. 0mg	0%	Incl. 4g Added Sugars	7%
		Sodium 180mg	8%	Protein 0g	
		Vit. D 0% • Calcium 0% • Iron 0% • Potas. 0%			
INGREDIENTS: TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.					

***What would be something that
we could swap this item?***



Guess the Sugar Game!

6oz cup of Yoplait
Yogurt

Aww, shucks!

**13 grams of
added sugar**



*What would be something that
we could swap this item?*

Guess the Sugar Game!

1 Cup of Special K
Red Berries



NOT THE CEREAL TOO!

RED BERRIES

Nutrition Facts			
About 8 servings per container			
Serving size 1 Cup (39g)			
	Cereal		with 3/4 cup skim milk
Calories	140		200
	% DV*		% DV*
Total Fat	0.5g 1%	0.5g	1%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Polyunsat. Fat	0g	0g	
Monounsat. Fat	0g	0g	
Cholesterol	0mg 0%	<5mg	1%
Sodium	250mg 11%	320mg	14%
Total Carb.	34g 12%	43g	16%
Dietary Fiber	3g 10%	3g	10%
Total Sugars	11g	21g	
Incl. Added Sugars	10g 20%	10g	20%
Protein	3g 2%	9g	14%
Vitamin D	2mcg 10%	4.2mcg	20%
Calcium	10mg 0%	230mg	15%
Iron	10.8mg 60%	10.8mg	60%
Potassium	80mg 0%	360mg	8%
Vitamin A	10%	20%	
Vitamin C	10%	10%	
Vitamin E	10%	10%	
Thiamin	20%	25%	
Riboflavin	20%	45%	
Niacin	20%	25%	
Vitamin B ₆	20%	20%	
Folate (Folic Acid)	50%	50%	
Vitamin B ₁₂	(115mcg) 20%	(115mcg)	50%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole grain wheat, rice, sugar, freeze-dried strawberries, wheat bran, contains 2% or less of brown sugar syrup, salt, malt flavor.

Vitamins and Minerals: Vitamin C (ascorbic acid), reduced iron, vitamin E acetate, niacinamide, beta-carotene, vitamin B₆ (pyridoxine hydrochloride), vitamin B₁ (thiamin hydrochloride), vitamin B₂ (riboflavin), folic acid, vitamin D₃, vitamin B₁₂.

CONTAINS WHEAT INGREDIENTS.

10 grams of added sugar

What would be something that we could swap this item?



Guess the Sugar Game!

$\frac{1}{4}$ cup of sweetened, dried pineapple

It's FRUIT! Not fair!

Nutrition Facts	
about 4.5 servings per container	
Serving size	1/4 cup (40g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 31g	
Includes 18g Added Sugars	36%
Protein 0g	
Vitamin D 0mcg 0%	Calcium 20mg 0%
Iron 0.6mg 4%	Potassium 30mg 0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

**18 grams of
added sugar**

***What would be something that
we could swap this item?***

Takeaways



Read food labels



Watch added sugar



Include protein and fiber



Make simple food swaps



Stay hydrated