

Food to Combat Fatigue

7 Futures

Jennie Carter
Performance Nutritionist



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A smiling man with dark hair and a beard, wearing a blue t-shirt, is sitting at a table. He is holding a fork with a piece of green vegetable in his right hand and a glass bowl of salad in front of him. The background is plain white.

On Average we Eat or
Drink Around
3,500 times a Year!

What causes people fatigue?

Being overweight

Poor management of energy levels


Lack of sleep

Low iron levels

Low vitamin/mineral intake


Lack of exercise



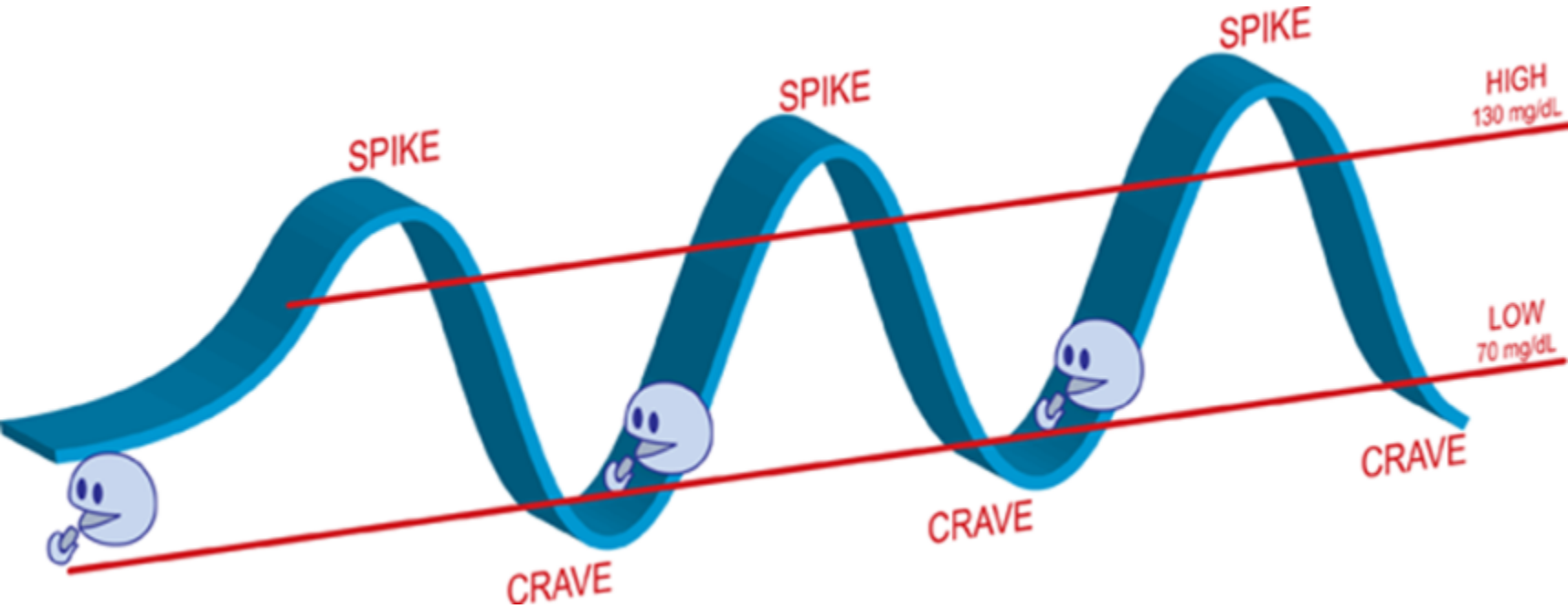
A person is silhouetted against a bright, low sun, likely during sunrise or sunset. The person's arms are outstretched to the sides, and their head is tilted back, suggesting a moment of joy, freedom, or high energy. The sky is filled with soft, orange and yellow clouds, and the overall atmosphere is warm and vibrant. A semi-transparent grey rectangle is overlaid on the right side of the image, containing the text.

Why is
managing our
energy levels
important?





Results of not
managing our
energy levels
well...

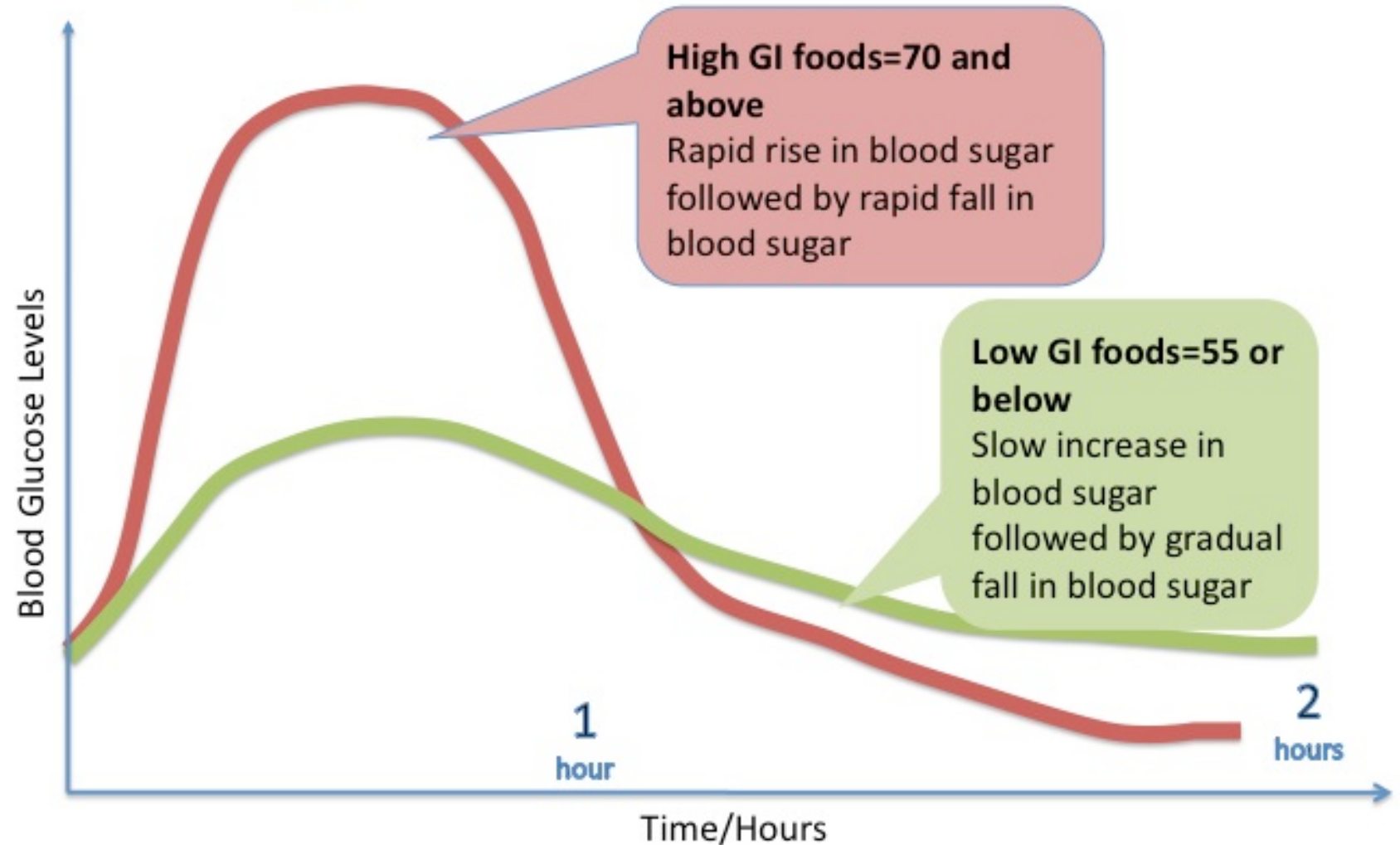


DiABETES



Blood sugar control – understanding Glycaemic Index (GI)

High GI vs Low GI Foods





Group these foods into Low GI (Slow-release)
and High GI (fast-release) as a team

How often
should be eat
to keep our
energy levels
up?

Every 3
hours



Fatigue =
Human error

A grayscale silhouette of a human head in profile, facing left. Inside the head, a network of glowing blue and white lines represents brain cells or neural activity.

Brain cells need regular
blood sugar to function
properly

**Guess the Amount of
Sugar Cubes in the
foods/drinks on your
table**





6-8





6





18





19





30





27





8





18





19







18





6





21





33



wiseGEEK



7





17



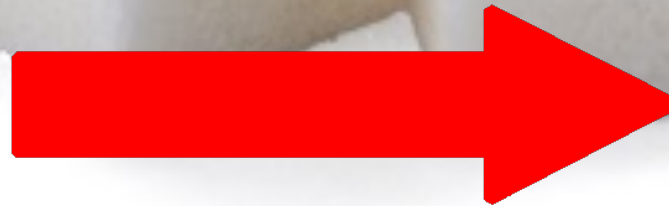


Requirements



How much sugar
NONE!
do we need a day?

**What happens
to excess sugar
in the body?**





1 can of
coke a day in
excess...



3,900
calories
per
month

91

teaspoons

sugar





Long-term
health risks

Reduced
concentration

Risk Taking

Insomnia

Fatigue

Anxiety





2 x day =
£876 per year

Large-590ml



400 mg

500ml



160mg

1.5 Litre



160mg

250ml



80mg

1 tablet



65mg

45g



30mg

Drink	Caffeine per 100ml
Starbucks coffee	32-67 mg
Red Bull/Monster/Relentless	32mg
Pepsi	11mg
Diet Coke	13mg
Tea (white)	12mg



Decaf

The best
foods for
helping
you stay
alert



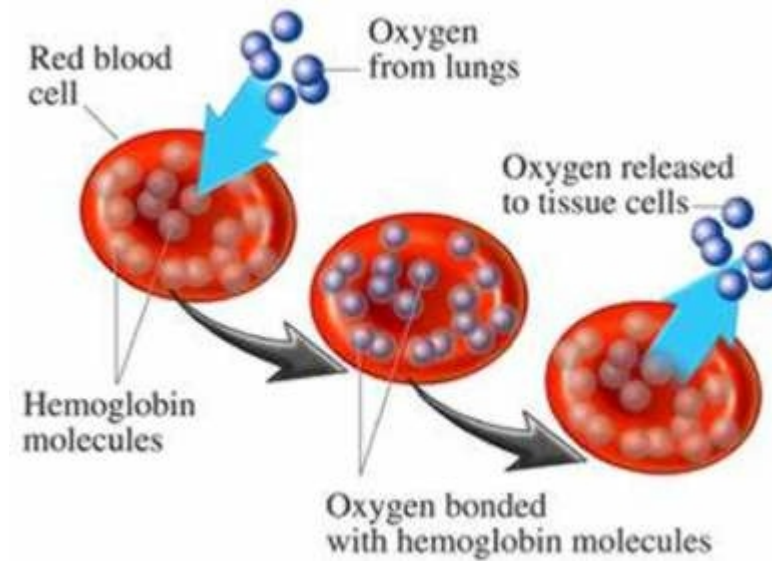


‘Keeping
hydrated
reduces
tiredness’



Importance of Iron

Low iron levels cause fatigue



Rank the
following
foods from
highest to
lowest in
iron
content



Mussels(100g)



Lentils (100g)



Liver (100g)



Dried apricots
(100g)



Spinach (100g)



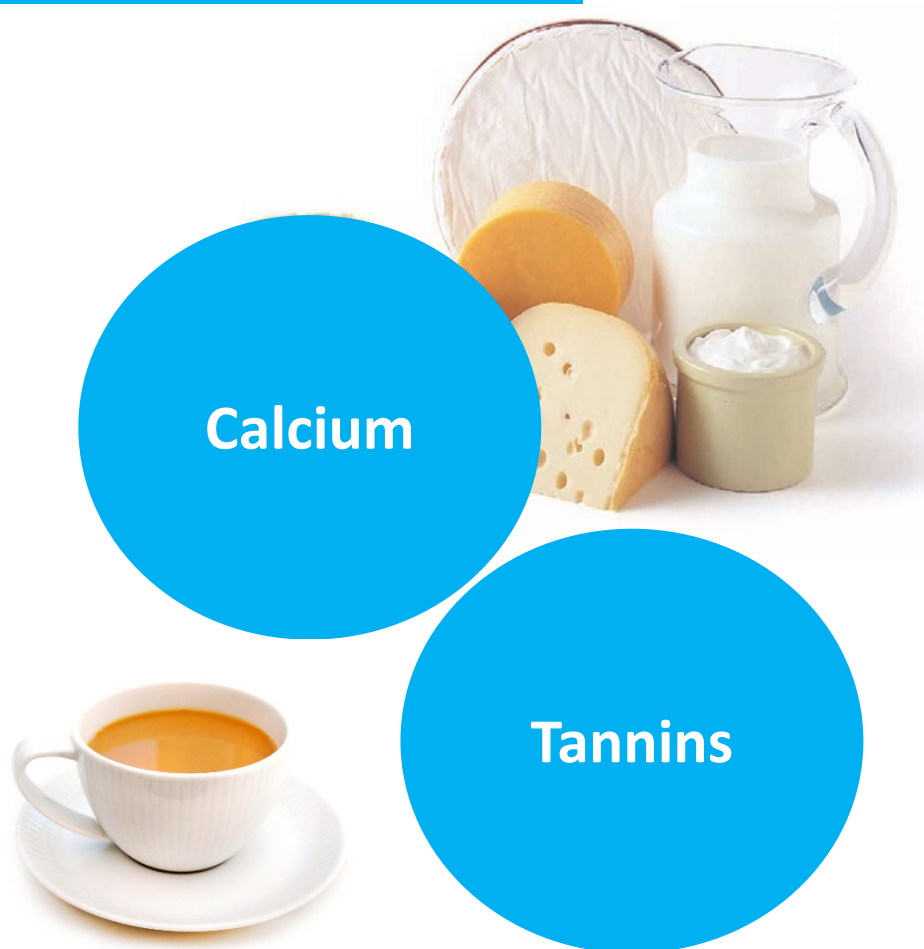
Steak (250g)



Quinoa (185g)

1. Liver – 17.9g
2. Mussels 6.7g
3. Steak – 6mg
4. Lentils 3.3mg
5. Quinoa 2.8mg
6. Dried apricots – 2.7g
7. Spinach 2.6g

Iron Inhibitors

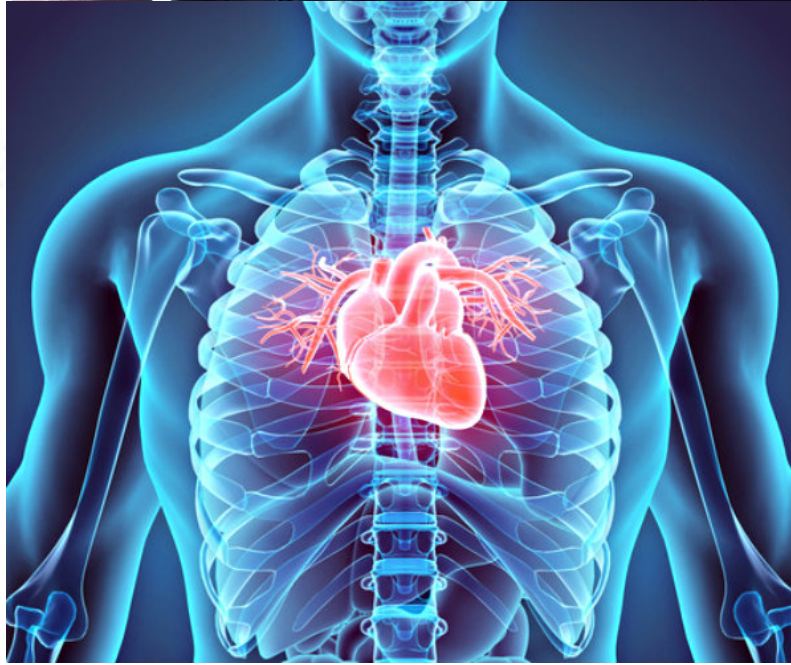


Iron enhancers




A close-up photograph of a person's midsection, showing a large, protruding belly, which is a visual representation of obesity. The person is wearing dark pants with a black belt. A semi-transparent blue rectangular box is overlaid on the image, containing white text.

Obesity costs the global
economy 2 trillion per
year



Nutrition & Fat loss

A shirtless man with a muscular build is shown from the waist up, measuring his waist with a green tape measure. He is wearing blue athletic shorts. The background is white. Four blue circles are overlaid on the image, each containing text about the benefits of fat loss.

Reduced risk of
Diabetes, Heart
Disease and
Stroke

Self-esteem

More energy

Reduced
joint pain

Energy
deficit



CARBS

The VAST majority
of society get this
wrong!



Carbohydrate (grams)

450

300

150

0

MON

TUE

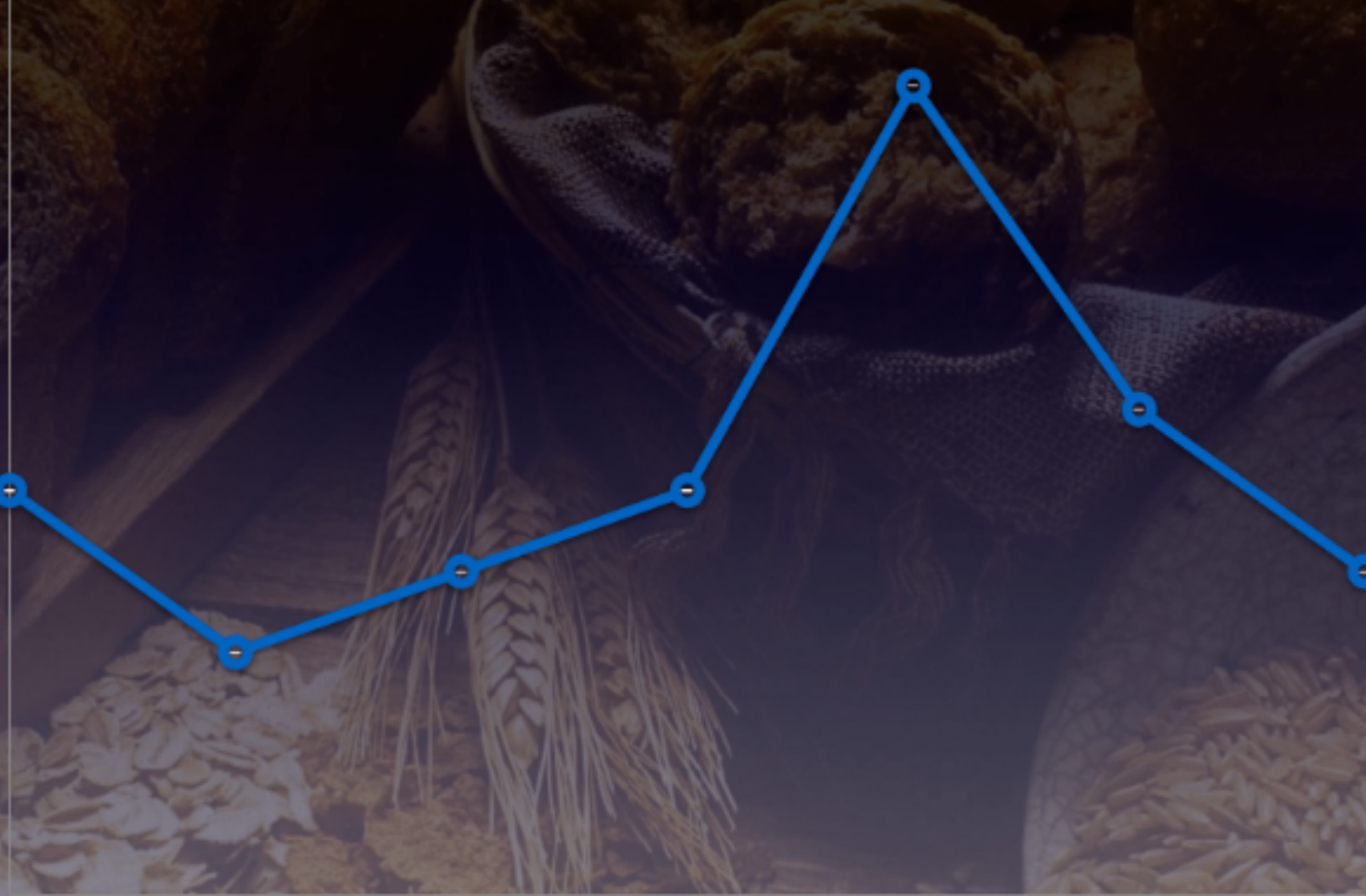
WED

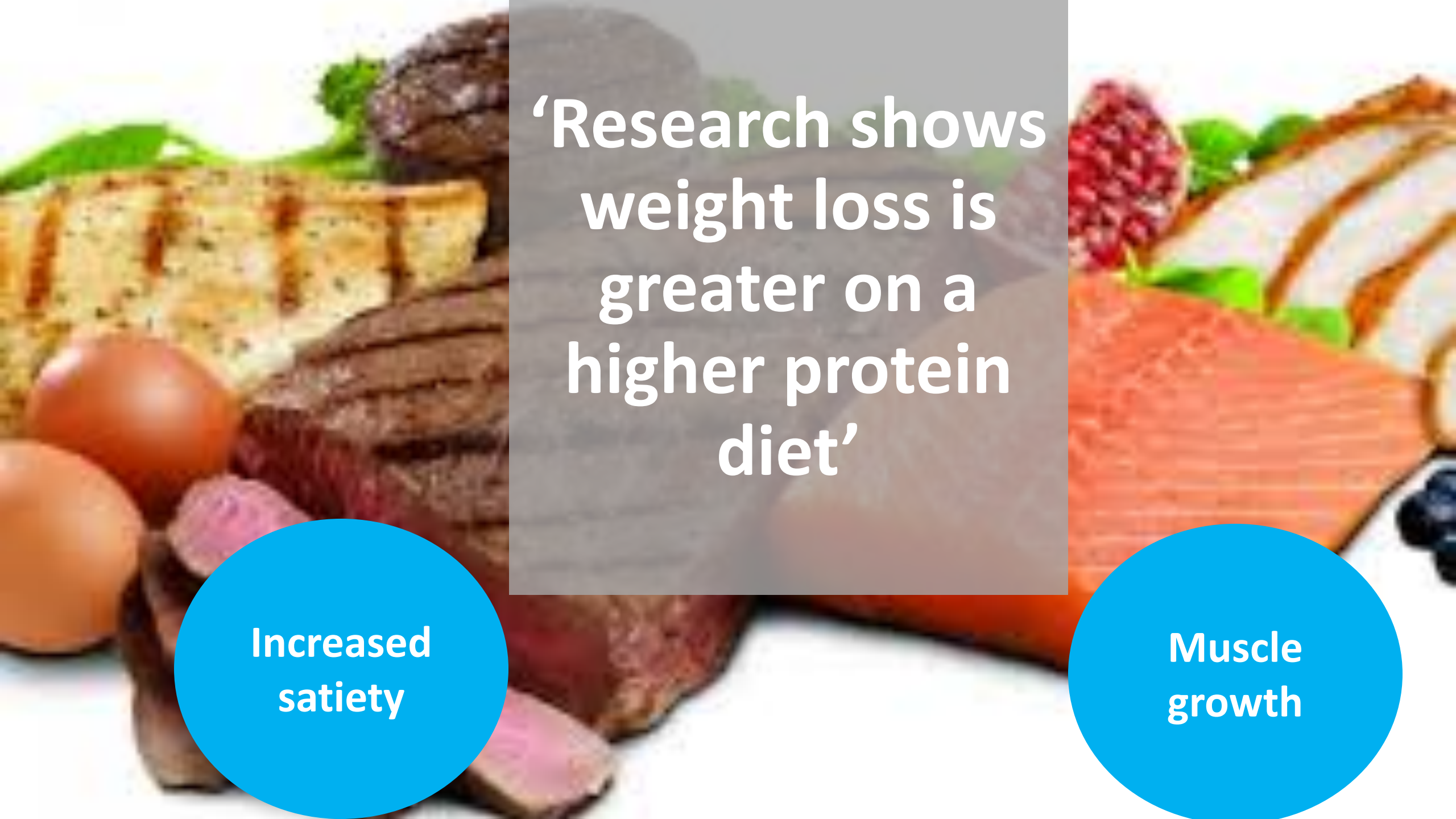
THUR

FRI

SAT

SUN



The background of the slide is a collage of various high-protein foods. On the left, there are two brown eggs, a slice of whole-grain bread with grill marks, and a piece of cooked meat. On the right, there is a large piece of salmon, a slice of meat, and some fresh raspberries. A central grey rectangular box contains the main text.

**‘Research shows
weight loss is
greater on a
higher protein
diet’**

**Increased
satiety**

**Muscle
growth**



**Fibre
increased
feeling of
fullness**

**Essential
vitamins &
minerals
for energy
metabolism**

**Vital for
health**



The more obvious ones....



UNFORTUNATELY NOT

Are there any magic pills?




“Exercise is King
Nutrition is Queen
Put them together and
you’ve got a Kingdom”

Jack Lalanne

A photograph of Ed Whitlock, an elderly man with white hair, running a marathon. He is wearing a blue athletic singlet and a yellow race bib with the number 85. The bib also features the Scotiabank logo. He is in motion, with his arms pumping. Other runners are visible in the background, slightly out of focus.

It's Never Too Late

Ed Whitlock was the first person over 70yrs
to run a marathon in sub 3 hours

A photograph of a baby sleeping peacefully in a hospital bed. The baby is wearing a white long-sleeved gown and is lying on a light blue hospital sheet. A white blanket with a black grid pattern is pulled up to the baby's chest. The baby's eyes are closed, and they have a slight smile. A blue semi-transparent rectangular overlay is positioned on the right side of the image, containing white text. The text reads "Is sleep really that important ?".

Is sleep
really that
important
?

How Gareth Bale and Real Madrid sleep their way to the top

By Alec Fenn
Football writer

21 April 2015 | European Football

Share



Why was Real Madrid forward Gareth Bale categorised as 'an owl'?

Elite athletes value sleep so much that sleep coaches are employed

Lack of sleep can affect...

Short-term memory

Decision making

Cognitive speed


Ability to focus



Foods high in Tryptophan help enhance sleep



Nutrition for the menopause



Manage
energy

Eat natural
stimulant
foods

Strengthen
bones &
maintain
muscle



Question 1

True or False

Around 20% of fatal road accidents involve driver fatigue

Question 2

True or False

**Sweet potato & porridge are
slow release (low GI) foods**

Question 3

True or False

**Bananas and white pasta are
fast release (high GI) foods**

Question 4

**SACN have recommended no more _____
sugar cubes a day, of added sugar**

A – 7 cubes

B – 14 cubes

C – 21 cubes

Question 5

The average adults eats _____ sugar cubes a day, of added sugar

- A – 7 cubes
- B – 14 cubes
- C – 21 cubes

Question 6

True or False?

Insomnia, anxiety and increased blood sugar are side effects of energy drinks

Question 7

True or False

Anything ending in 'ose' on a food ingredients list is a type of sugar

Question 8

True or False

**Sugar has addictive
properties**

Question 9

Cardiovascular disease is estimated to cost the UK how much in productivity losses?

A – 11%

B – 22%

C – 34%

Question 10

Myth or Truth?

**71-75% of people aged
45-84 are overweight or
obese**

Question 11

Myth or Truth?

**Having more muscle
increases metabolism**

Question 12

Myth or Truth?

Coconut Oil is a healthy fat

Question 13

Truth or Myth?

**Fish oils can reduce the risk
of heart disease**

Question 14

Myth or Truth?

**Eggs give you high
cholesterol**

Sainsburys Meal Deal

£3.00

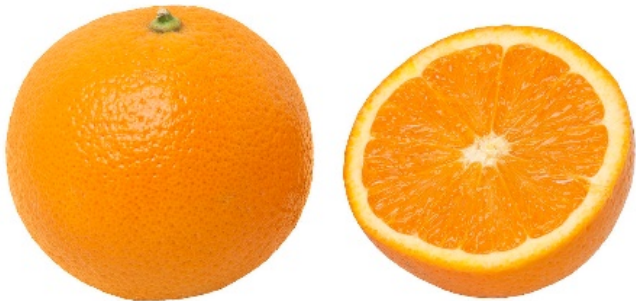
Effects on Fatigue





Homemade Lunch

£1.10





£10

LONDON
FOR THE GOVERNOR AND COMPANY
OF THE BANK OF ENGLAND

Patricia Uthman
CHIEF CASHIER



BANK OF ENGLAND

Bank of England

THIS NOTE IS TO PAY THE BEARER ON DEMAND THE SUM OF TEN



£9.50 a week



Ten

Ten Pounds

10 10
10 10 10
10 10 10
10 10 10
10 10 10
10 10 10
10 10 10 10 50 10 10

A vibrant tropical beach scene with lush green palm trees on the left, a sandy shore, and clear turquoise water extending to a distant island under a bright blue sky with scattered white clouds. A large, semi-transparent blue rectangle is overlaid diagonally across the center of the image.

£494.00 a
Year!!




Tomorrow

“Now we need to put it
into practice”

A low-angle, rear-view shot of a person in a dark pinstripe suit walking on a paved path. The person is carrying a black leather briefcase in their right hand. The background is slightly blurred, showing green trees on the left and modern buildings in the distance under a bright sky.

Walk to work



Provide the brain with energy
Get a healthy breakfast on board



Protein?



Fruit?



Dairy?





Bring your lunch with you





Bring snacks with you and make
healthy choices





Decaf



Re-think your dinner, Be Carb Smart



A collage of various iron-rich foods. In the upper left, a white plate holds three pieces of organ meat, likely liver, with a reddish-pink hue. To the right of the plate is a bunch of fresh, vibrant green leafy vegetables, possibly Swiss chard or spinach, with long stems. At the bottom of the image, there are three distinct piles of legumes: green mung beans on the left, red kidney beans in the center, and light-colored pinto beans on the right. The entire composition is set against a plain, light-colored background.

Iron Boosters 2xweek

A close-up photograph of a baby sleeping peacefully in a crib. The baby has dark hair and is wearing a white long-sleeved shirt. They are holding a yellow pacifier in their mouth. The baby is lying on a light blue blanket, and a white blanket with a black grid pattern is partially visible. The background is softly blurred, showing more of the crib's bedding.

Sleep like a baby...