

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

NUTRITION FOR SUSTAINED ENERGY & FOCUS AT WORK

Office jobs



BALANCED MEALS FOR ENERGY AND FOCUS

Consume balanced meals that include a variety of nutrient-rich foods such as whole grains, lean proteins, fruits, vegetables, and healthy fats. Aim to eat every 3-4 hours when possible, including healthy snacks as needed throughout the day. Finding a meal frequency that works for you will help you avoid energy crashes and brain fog at work. Eating consistently throughout the day will help regulate energy levels for the workday and supports cognitive function.

HYDRATION IS KEY

Staying hydrated is crucial for preventing fatigue and maintaining optimal cognitive performance. Drink water consistently throughout the day. Aim for at least 8 glasses (about 2 liters) of water daily. Keep a refillable water bottle on your desk and monitor how many times you refill it to promote adequate hydration.

NUTRIENT CONSIDERATIONS FOR COGNITIVE FUNCTION

Food sources of omega-3s, antioxidants from fruits and vegetables, and essential vitamins such as B vitamins and vitamin D can support cognitive function and brain health. In general, consuming more whole foods throughout the day can positively impact mental clarity and sharpness.

MANAGING PORTION SIZES

Practice portion control to prevent overeating, which can lead to discomfort and reduced productivity. Aim for smaller, more frequent meals and snacks when possible. Using smaller dishware can help individuals regulate portion sizes. Whole foods throughout the day can positively impact mental clarity and sharpness.

SNACK SMARTLY

Opting for healthy, whole food snacks like nuts, seeds, yogurt, fruit, and chopped vegetables can help provide a steady source of energy between meals. High sugar, highly processed snacks are likely to cause an energy crash, resulting in poor focus and fatigue at work.

INCORPORATE MOVEMENT

It is easy to stay sedentary for the majority of the day when working at a desk job. Consider standing and working, or taking walking breaks throughout the day as much as you can. This will not only help you increase your physical activity level but will also help improve energy throughout the day.

Remember, individual nutritional needs may vary based on factors such as age, gender, activity level, and overall health status. Consulting with a registered dietitian can help you tailor your nutrition plan to your specific needs and goals.

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