

# YOU ARE WHAT YOU EAT

## BEAT THE POST LUNCH SLUMP

It's 2:00pm in the afternoon and you wonder how you're going to make it through the next 3 hours. Your energy is zapped, your brain can't focus, and you're thinking about approaching your boss about a designated nap room! How did you get here?

### Could your work habits be to blame?

#### I Skip Meals: Eat Breakfast & Plan Your Lunch and Snacks

Eating a well-balanced breakfast will keep you satiated and keep your blood sugar balanced to alleviate lunchtime cravings for energy zapping foods. Quick lunches often contain sugar, fat, and refined carbs which increase levels of serotonin, a hormone that makes you sleepy! Plan your day. Make your lunch the night before to avoid fast food, make enough dinner to brown bag some leftovers, or search for healthy restaurants close to work. Have healthy snacks in your desk to keep you fuelled and energized!



#### I Forget to Drink Water: Buy a Refillable Water Bottle

Dehydration can drain you just as much as a heavy meal. Even mild dehydration can affect productivity and cognition. Having a refillable water bottle at your workspace can be a reminder to hydrate and can help set new goals for water intake. Aim to get through 2 water bottles (2 litres) by the end of your work day and feel refreshed!



#### I Don't Move Enough: Leave Your Workspace at Lunch

Being tied to your workspace is perhaps the unhealthiest habit you may be doing! Sitting at a computer may be interfering with your circadian rhythm, the natural process that regulates sleep. And being sedentary at work can contribute to fatigue. Poor blood flow restricts nutrients and oxygen from reaching cells to create energy, boost mood, and improve cognition. So, take breaks, get up and move, even better - get outside! Natural sunlight and fresh air can boost mood, alertness, and energy!



### Healthy Desk Snacks

- Whole fruit with skin
- Whole grain crackers
- Nut butters
- Raw nuts & seeds
- Plain oatmeal packets
- Roasted seaweed
- Coconut chips

### Get Moving

- Simple stretches
- Walk the block on your break
- Walking meetings
- Take the stairs
- Walk to a co-worker instead of an email
- Squats at your desk every hour

### Brown Bag It

- Turkey wrap
- Quinoa salad
- Chili in a thermos
- Tuna on crackers with veggies
- Bean salad
- Wholegrain pasta salad
- Burrito bowl

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### Brown Bag It Recipe



#### Turkey & Quinoa Chop Salad

- 1/2 cup reduced-sodium chicken broth
- 1/4 cup red quinoa
- 1 1/2 cups baby kale, baby spinach, and/or mixed baby greens
- 1 Granny Smith apple, cored and chopped
- 1/2 cup chopped cooked turkey or chicken breast
- 1 stalk celery, thinly sliced, or 1/2 cup chopped fennel bulb
- 1/4 cup halved and very thinly sliced red onion
- 1-ounce Gouda cheese, chopped (1/4 cup)
- 2 tablespoons snipped dried apricots and/or cranberries
- 2 tablespoons coarsely chopped walnuts, toasted
- 1/4 cup bottled olive oil-based salad dressing or make a simple oil and balsamic blend

#### DIRECTIONS:

- 1) In a small saucepan combine broth and quinoa. Bring to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or until quinoa is tender. Remove from heat; let stand for 5 minutes. Drain any excess broth. Transfer quinoa to a large bowl; fluff with a fork.
- 2) Add kale, apple, turkey, celery, onion, cheese, apricots, and walnuts; toss to combine. Add dressing; toss to coat. Cover and chill until ready to serve; toss before serving.

Servings: 2 Calories per serving: 364 Fat: 12g Sodium: 613mg Carb: 45g Fibre: 8g Sugar: 19g Protein: 21g

Adapted from: <https://www.bhg.com/recipe/printview/turkey-quinoa-salad/>



#### Amped Up Oatmeal in an Instant

- 1/2 cup plain instant oatmeal
- 1 tablespoon freeze-dried blueberries
- 1 tablespoon slivered almonds
- 1 tablespoon chia seeds
- 1/8 teaspoon vanilla extract
- 1 teaspoon raw sugar (optional)
- 3/4 cup boiling water, or milk

#### DIRECTIONS:

Add the instant oatmeal, freeze-dried blueberries, almonds, chia seeds, vanilla, and sugar into a mason jar. Store in a cool, dry place for up to a month. To prepare, pour boiling water or milk over oats. Stir to combine and let sit for 3 minutes. Serve with slivered almonds and fresh blueberries. Enjoy!

Servings: 1 Calories per serving: 310 Fat: 10g Sodium: 10mg Carbs: 43g Fibre: 11g Sugar: 5g Protein: 9g

Adapted from: <https://tasty.co/recipe/blueberry-and-almond-instant-oatmeal>

Sources: <http://thorzt.com/8-things-every-employer-should-know-about-worker-dehydration/#.W-111fZFy70>  
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