

# Eating For Energy

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Sweet Spot Nutrition  
Heart health, for life.



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Heart health, for life.

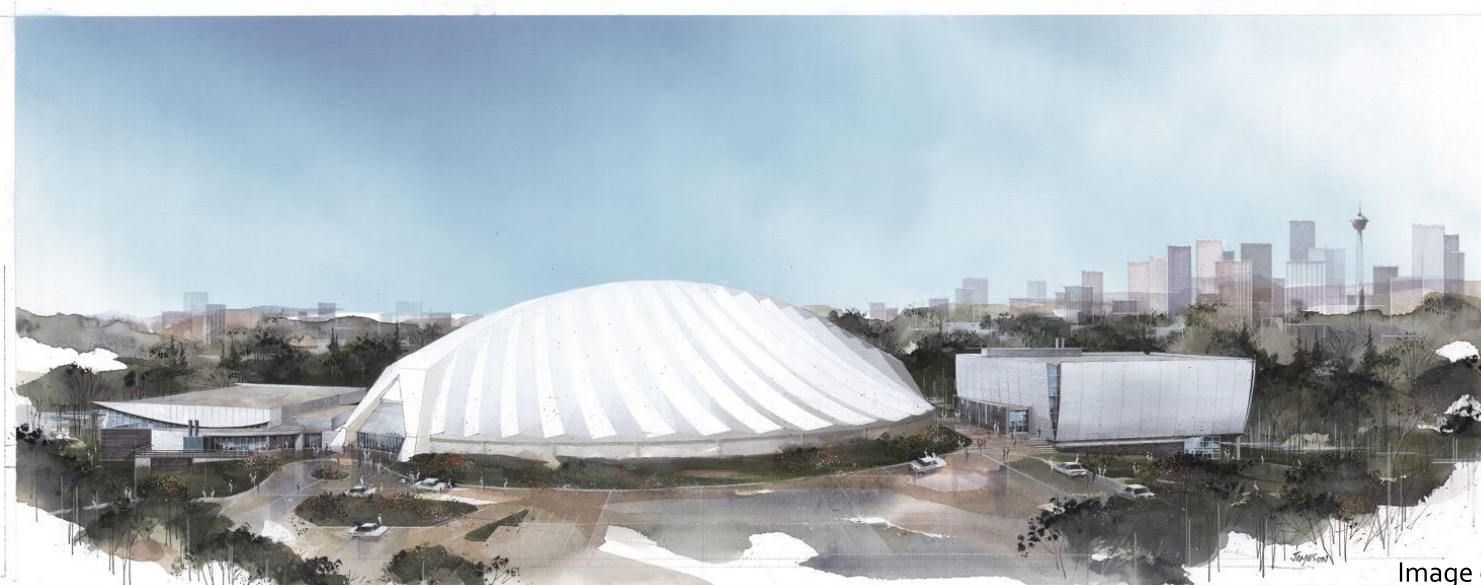
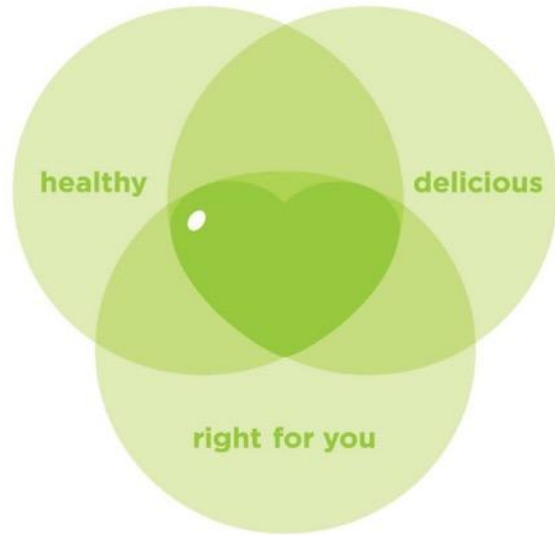


Image credit: Talisman/Repsol Place



# What does “having more energy” mean to you?

Physical stamina

Wakefulness

Mood

Mental performance

Being well

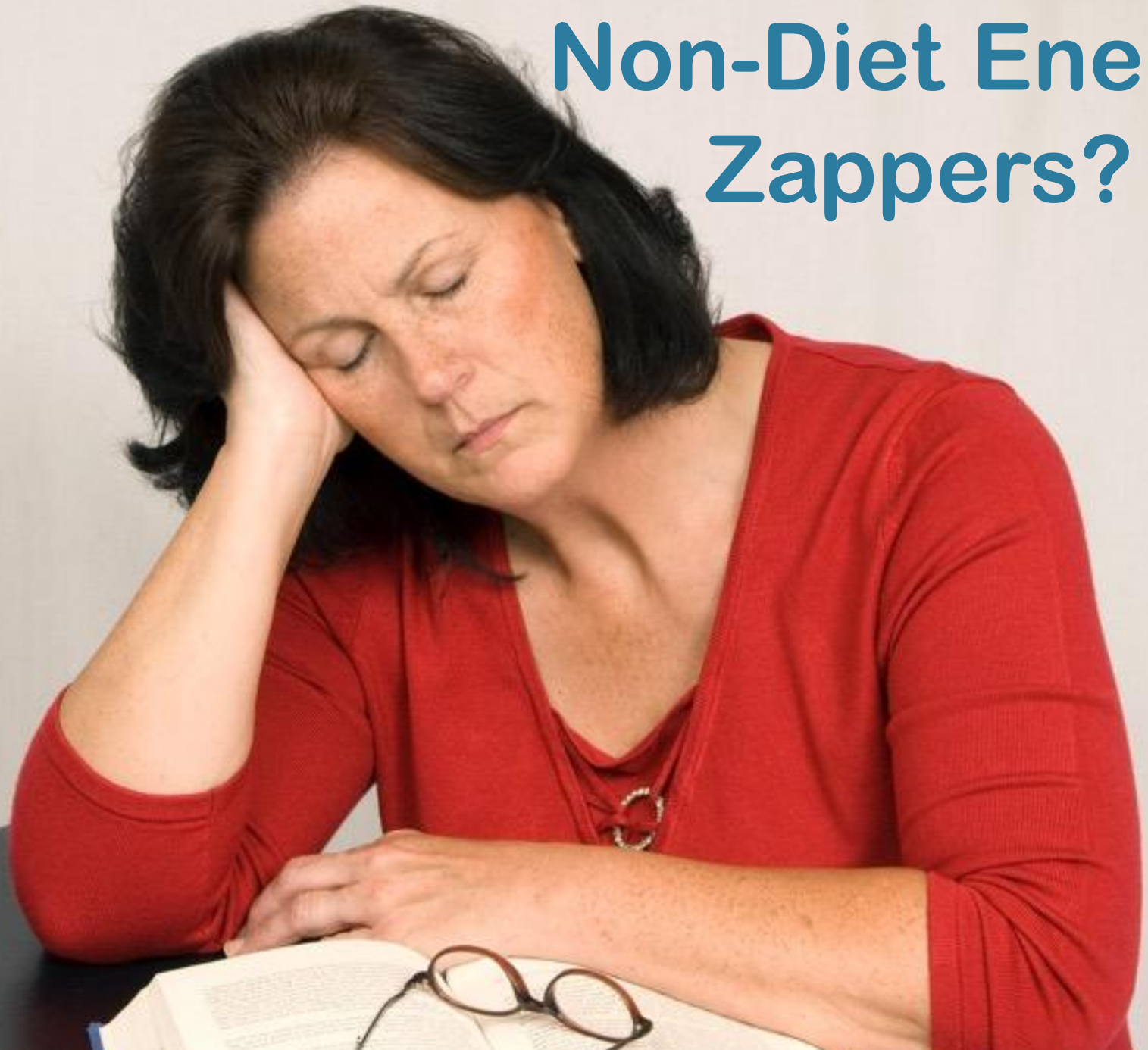


In nutrition,  
“energy” =  
calories





# Non-Diet Energy Zappers?



Stress



Lack of sleep



Inactivity



Some people



Some health conditions



Some meds



Substance abuse



Smoking



How's your sleep?







Photo credit: Canadian Obesity Network

# Do you get some kind of physical activity most days?





What do you do after a stressful day?

How do you nurture yourself?

How do you relax?





**Healthy Eating**



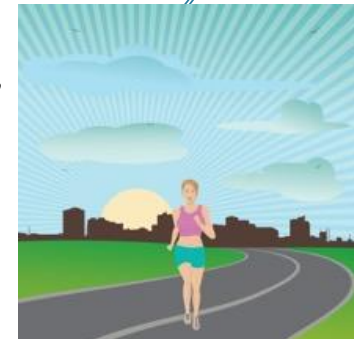
**Better Sleep**

**Where  
will you  
start?**

**Stress  
Management**



**Physical Activity**





# Eating for Energy



# Test your knowledge: Which foods and eating habits can boost energy in a healthy way?

(...in moderation, for typical adults in good health.)





# Balance Your Plate



# Eat Every 3-4 hours



## Breakfast

May enhance memory, mental alertness,  
academic performance (children)

Large breakfast → poorer mood

Overall diet quality

Afternoon snack: Positive effect on  
performance of tasks involving  
sustained attention or memory

## What works for you?





# Honour your hunger and fullness cues

10 - Uncomfortable, Thanksgiving full

9 - Stuffed and uncomfortable

8 - Too full, somewhat uncomfortable

7 - Full, but not yet uncomfortable – hunger is gone

6 - Filling up, but still comfortable

5 - Neutral

4 - Slightly hungry, mild signals that your body needs food

3 - Hungry, not yet uncomfortable

2 - Very hungry, irritable, or anxious

1 - Starving, weak, dizzy

# Gluten-free diet?

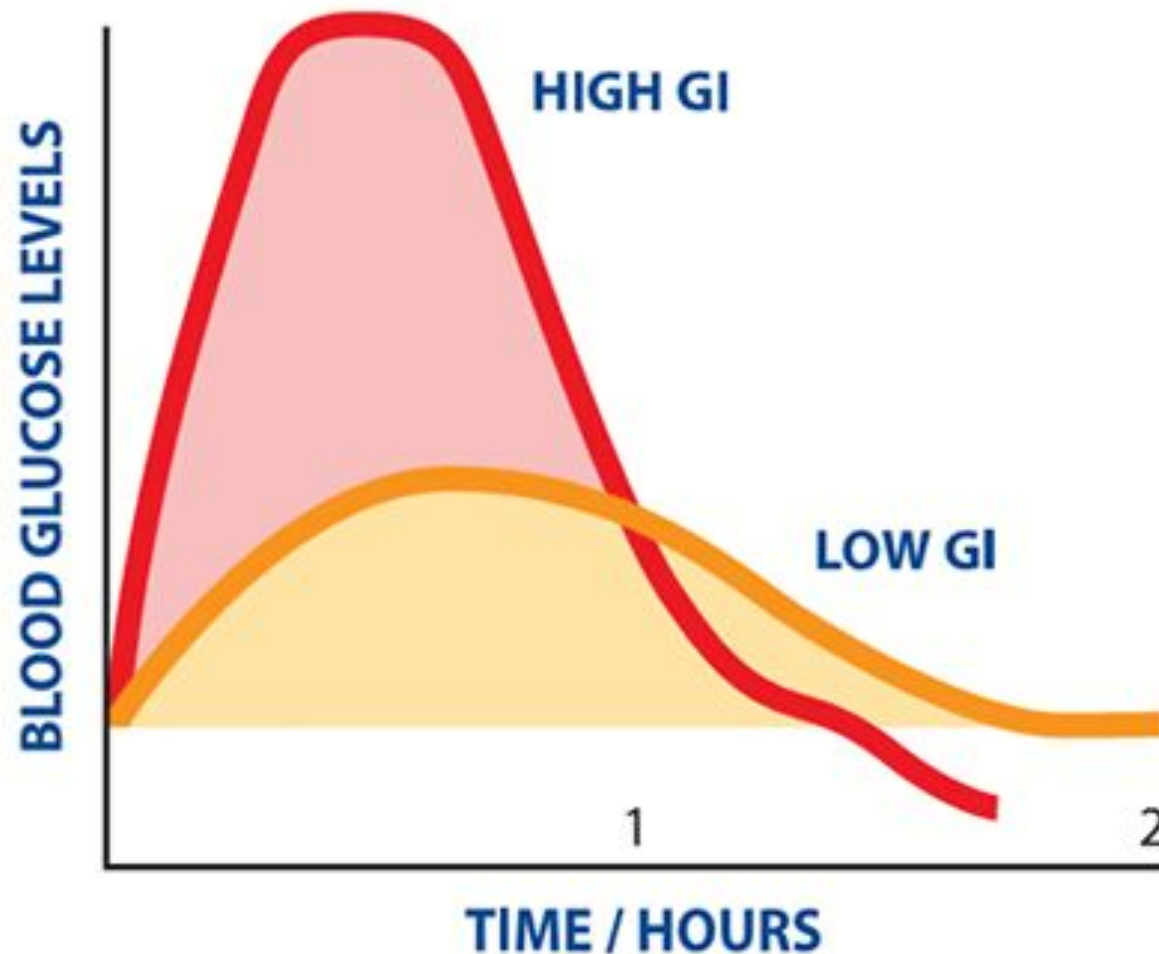




# Low Glycemic Load Diet



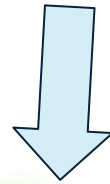
Choose *mostly* low glycemic index grains and starches



# Portion size matters



Grains and  
starches





# High glycemic load diet

- 38% higher score for depressive symptoms
- 55% higher total mood disturbance
- 26% higher fatigue/inertia



# Common grains and starches

## Higher GI

White bread  
White rice  
Potato  
Instant oats

## Medium GI

Quick oats  
Whole-wheat bread  
Brown, basmati rice  
Popcorn

## Lower GI

Sprouted grain bread  
Steel-cut, rolled oats  
Barley  
Quinoa  
Pasta! (al dente)  
Sweet potato  
Legumes

# Sufficient Hydration



Mild dehydration produces disruptions in mood and cognitive functioning in some studies

However, *extra* fluid in well hydrated individuals adds **no additional benefit**

Fluid needs vary greatly

Drink when you're thirsty

Check your urine





# 100% *unsweetened* fruit juice?



## Naturally occurring



## vs free sugar



## RECOMMENDATIONS

The Heart and Stroke Foundation recommends that an individual's total intake of **free sugars not exceed 10%** of total daily calorie (energy) intake, and **ideally less than 5%.**

In both adults and children, WHO recommends reducing the intake of free sugars to **less than 10%** of total energy intake<sup>2</sup> (*strong recommendation*).

WHO suggests a further reduction of the intake of **free sugars to below 5%** of total energy intake (*conditional recommendation*<sup>3</sup>).

The Canadian Diabetes Association recommends Canadians:

1. Limit intake of **free sugars<sup>[a]</sup> to less than 10%** of total daily calorie (energy) intake. This is approximately 50g (12 teaspoons) of free sugars consumption per day based on a 2000-calorie diet.<sup>[b]</sup>



How much  
sugar is  
that?






10% of 2000 calories  
= 200 calories

1 g sugar = 4 calories

so 10% of 2000 calories?

= 50g sugar



Nutrition Facts Valeur nutritive	
Per 1 bottle (450 mL) pour 1 bouteille (450 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	220
Fat / Lipides	0 g 0 %
Saturated / saturés	0 g 0 %
Trans / trans	0 g 0 %
Cholesterol / Cholestérol	0 mg 0 %
Sodium / Sodium	30 mg 1 %
Potassium / Potassium	840 mg 24 %
Carbohydrate / Glucides	51 g 17 %
Fibre / Fibres	0 g 0 %
Sugars / Sucres	45 g
Protein / Protéines	3 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	140 %
Calcium / Calcium	0 %
Iron / Fer	0 %
Folate / Folate	50 %

How many teaspoons is that?

4g of sugar = 1 teaspoon

So 50g sugar = ??





Meta-Analysis > [Neurosci Biobehav Rev.](#) 2019 Jun;101:45-67.

doi: [10.1016/j.neubiorev.2019.03.016](#). Epub 2019 Apr 3.

## **Sugar rush or sugar crash? A meta-analysis of carbohydrate effects on mood**

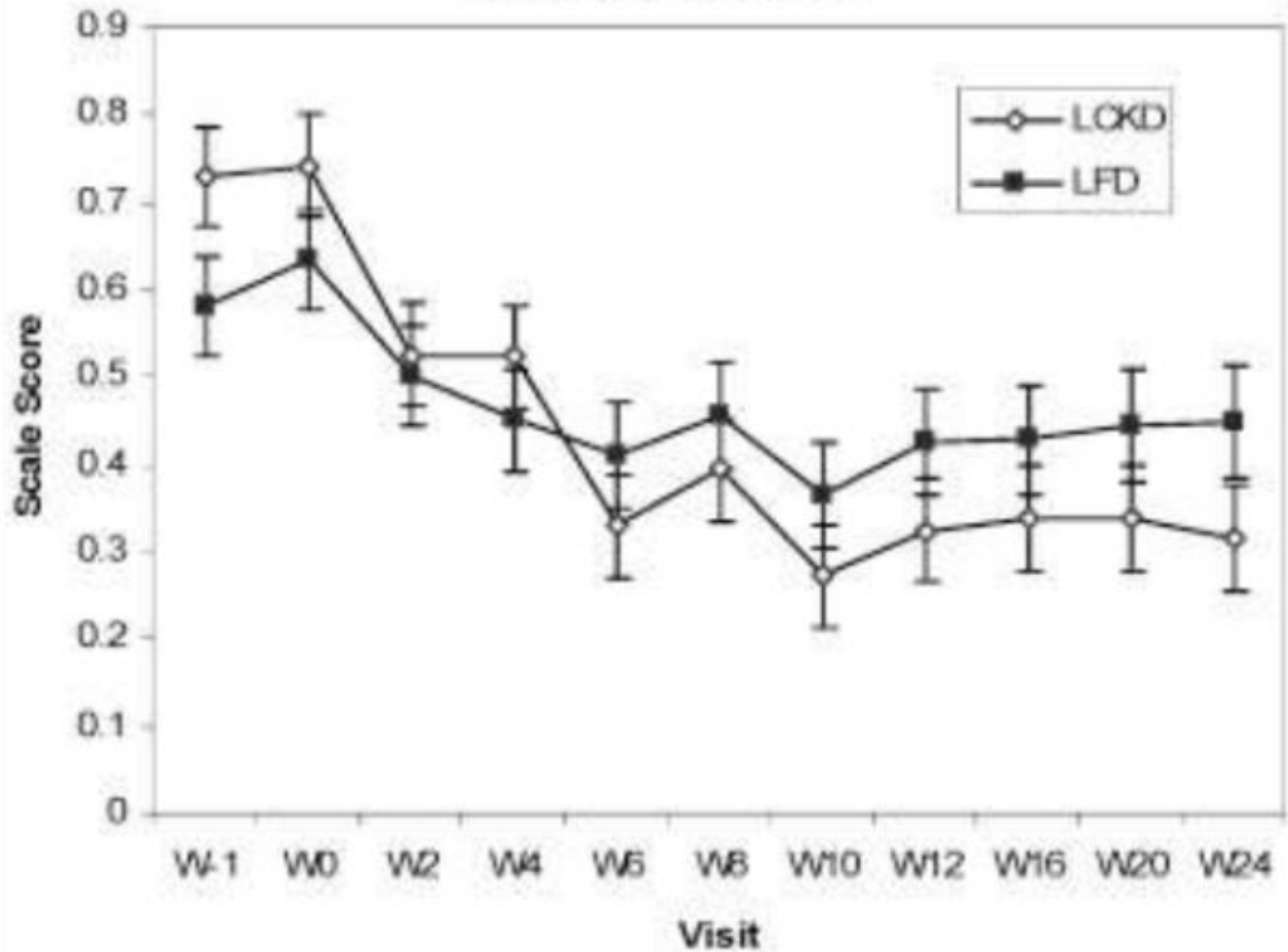
“...sugar consumption might make people more tired and less alert shortly after its consumption.”



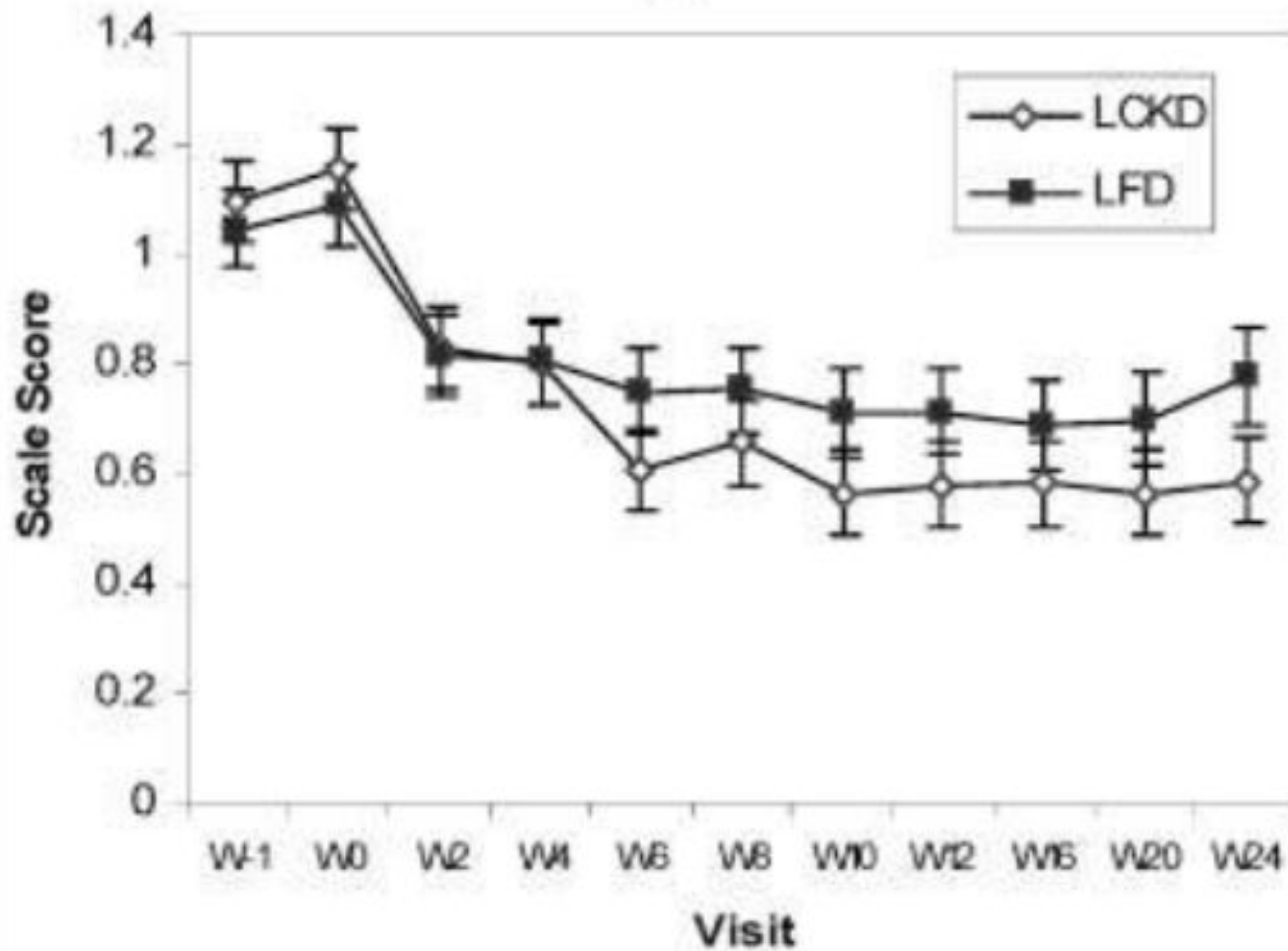
Very low-carb diet?



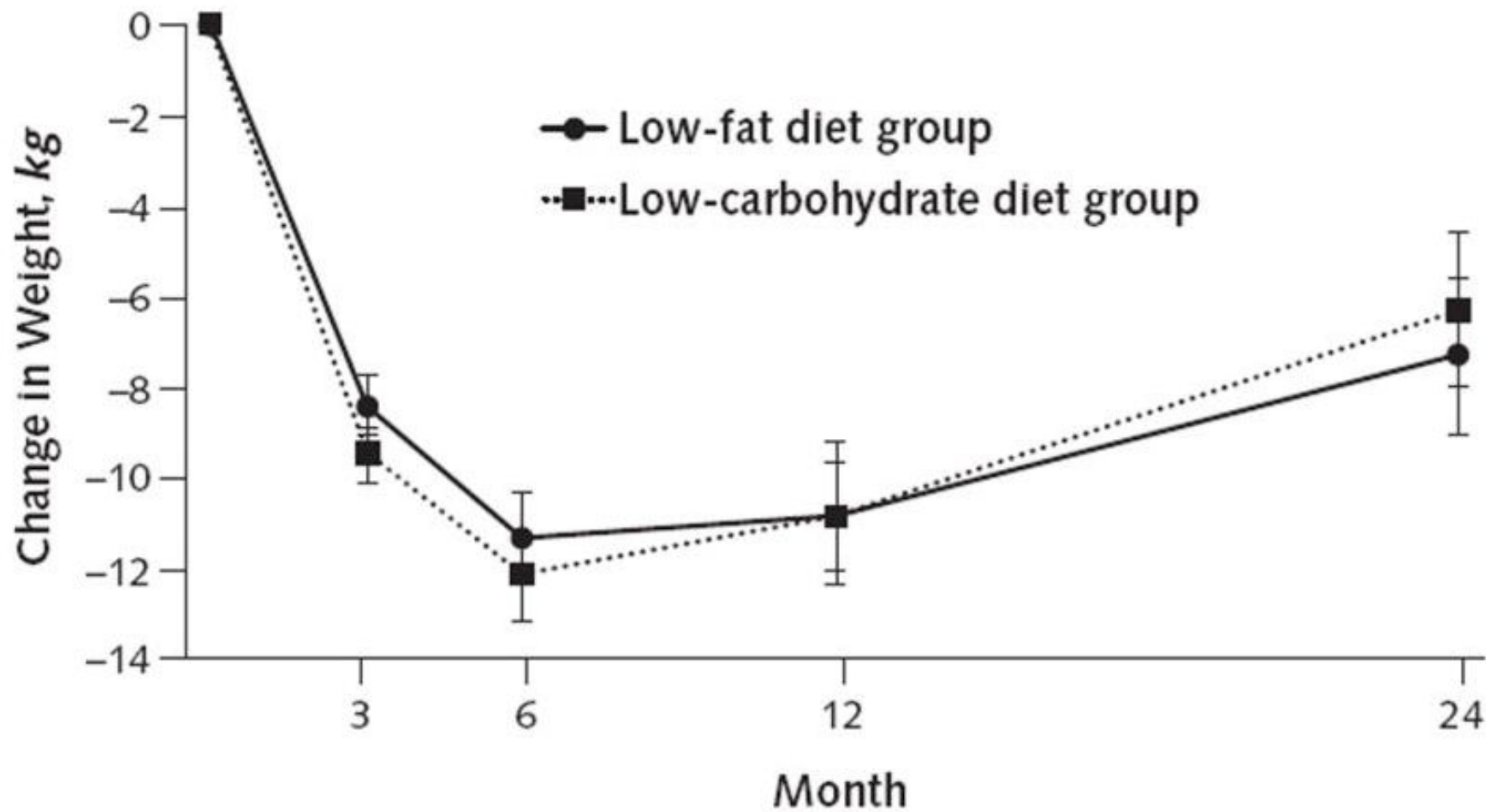
## Negative Affect



## Fatigue







# Lasting weight loss is statistically improbable

In controlled weight loss studies, “1/3 to 2/3 of the weight is regained within 1 year, and almost all is regained within 5 years”.

In a 2005 systematic review that defined weight loss as “losing at least 10% body weight and keeping it off at least one year”, researchers found a 20% success rate



“...weight loss may not be sustainable long-term, not because of personal choices or lack of willpower, but rather from **strong biological or physiological mechanisms that protect the body against weight loss.**”

“The minority of people who find it easy, get good results, and stick with it are the ones who write about it on the Internet.”

*Obesity researcher Stephan Guyenet*



# Strict diets

- Slow metabolism
- Promote weight cycling
- Reduce self-efficacy
- Distract from behaviours with well-established benefits
- → Preoccupation with food, body image
- → Anxiety, depression, stress
- Contraindicated in those with a history of disordered eating



# Possible risks of weight cycling

A photograph of a person's feet standing on a white digital scale with a red and black plaid mat. The scale is placed on a white tiled floor. The person is wearing a blue sleeve and a black wristband. The scale's display shows '25.30' and '35'.

*Associated with:*

- Higher mortality
- heart attack
- stroke
- diabetes
- higher LDL cholesterol
- higher blood pressure



# Mediterranean Diet Pyramid

*A contemporary approach to delicious, healthy eating*

**Meats  
and  
Sweets**  
*Less often*

**Poultry,  
Eggs,  
Cheese,  
and Yogurt**  
*Moderate portions,  
daily to weekly*

**Fish  
and  
Seafood**  
*Often, at least  
two times per week*

**Fruits,  
Vegetables,  
Grains  
(mostly whole),  
Olive oil,  
Beans, Nuts,  
Legumes  
and Seeds,  
Herbs  
and Spices**  
*Base every meal  
on these foods*

**Be  
Physically  
Active;  
Enjoy  
Meals  
with Others**

**Wine**  
*In moderation*

**Drink Water**

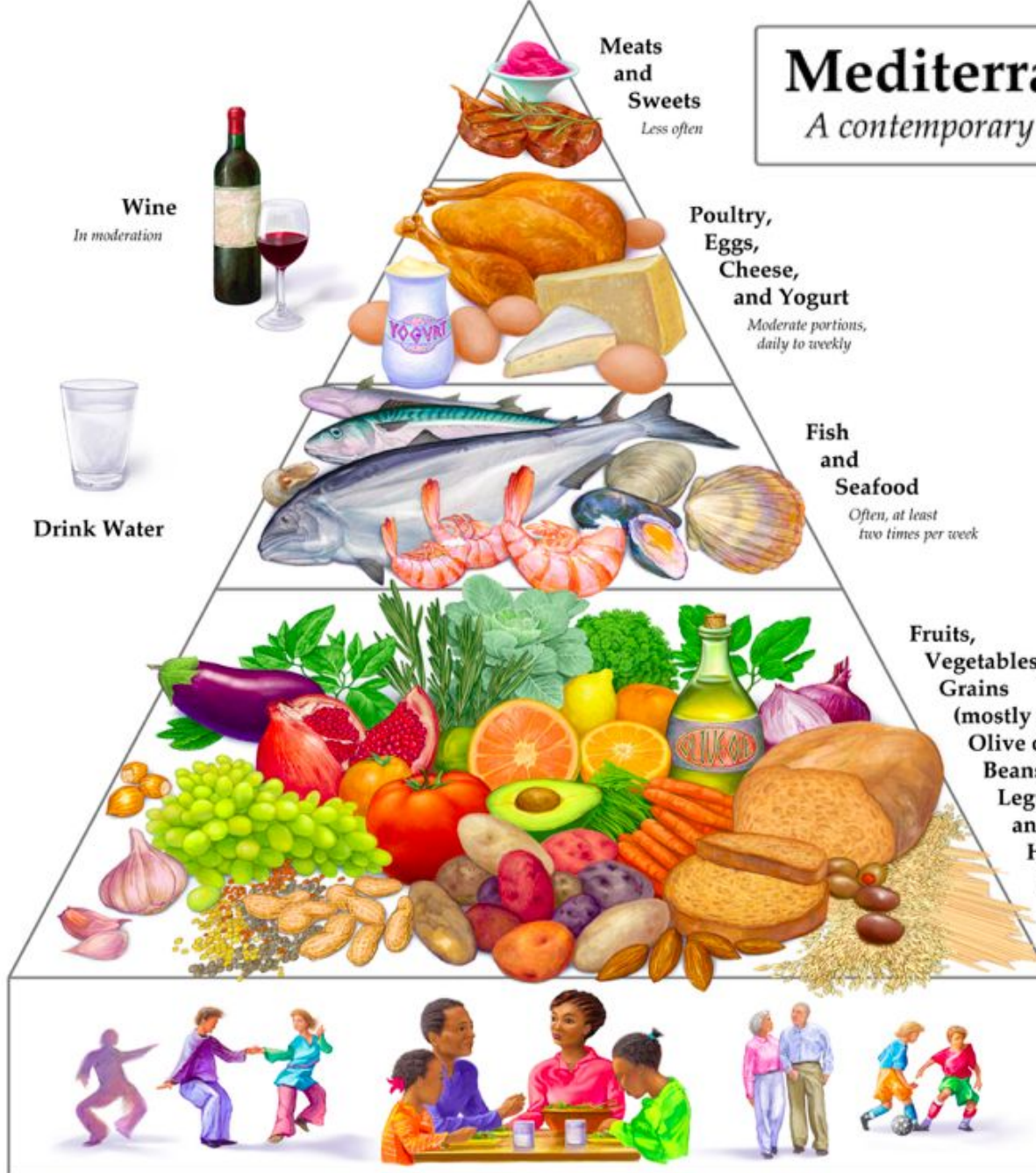


Illustration by George Middleton



# Limit Alcohol?



“Alcohol has sedative effects that can induce feelings of **relaxation and sleepiness.**

AND

The consumption of alcohol – especially in excess – has been linked to **poor sleep quality and duration.”**

# Test your knowledge: Canada's Low-Risk Drinking Guidelines

What is the recommended weekly number of drinks of women? Men?

10, 15

Daily limit (most days)?

2, 3

Special occasions?

3, 4

What about women trying to become pregnant?

0

What does a “drink”  
mean for...

Wine?

Beer?

Spirits?





# Standard drink sizes



## **Beer**

341 ml (12 oz.)  
5% alcohol  
content



## **Cider/ Cooler**

341 ml (12 oz.)  
5% alcohol  
content



## **Wine**

142 ml (5 oz.)  
12% alcohol  
content



## **Distilled Alcohol**

(rye, gin, rum, etc.)  
43 ml (1.5 oz.)  
40% alcohol  
content

# Coffee in moderation



## Caffeine can:

Increase cognitive functioning and mental alertness

Reduce sleepiness

## Coffee may:

Reduce the risk of diabetes and overall mortality

Protect against age-related cognitive impairment  
(weak data)

## HOW TO BE HAPPY

~~decide every morning~~  
~~that you are in~~  
~~a good mood~~

coffee



## But too much coffee...

In some: Insomnia, nervousness, GI upset, irritability, rapid heart rate

Chronic use may lead to tolerance and dependence

Withdrawal → headache, fatigue, irritability, poor concentration and mood, decreased energy and alertness

Watch cream, sugar, etc.





# How much is too much?

Moderation: <400mg caffeine/day for adults

Women of childbearing age: <200-300 mg caffeine/day

Product	Serving Size	Mg of Caffeine
Coffee, brewed, percolated, or filter drip	237 mL – 1 cup	118-179
Coffee, Instant	237 mL – 1 cup	76-106
Coffee, decaffeinated	237 mL – 1 cup	3-5
Tea	237 mL – 1 cup	30-50
Tea, decaffeinated	237 mL – 1 cup	0
Cola beverage	355 mL – 1 can	36-50
Candy, sweet chocolate	1 oz – 28g	19
Chocolate cake	2.8 oz – 80g	36

# Energy Drinks

Can improve driving performance and various measures of cognitive functioning

~114mg caffeine / can

~10 teaspoons of sugar/can

Some contain herbal ingredients

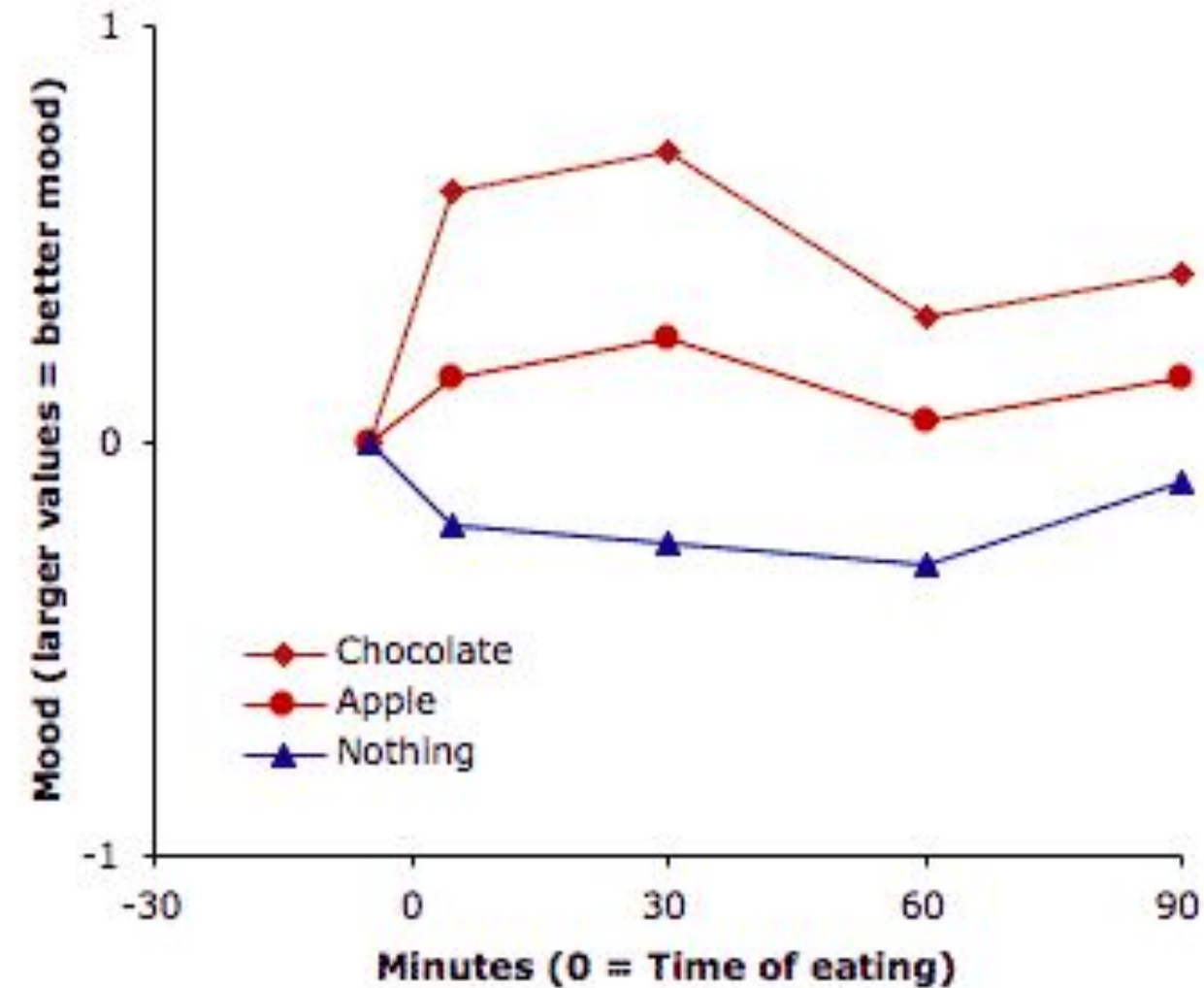
May interact with medications

Limited research on some

Abuse can lead to serious adverse reactions



# Chocolate





# Supplements?



# Ginseng and other supplements

Some preliminary evidence, but not enough to rate:

American ginseng, Panax ginseng, Astragalus, Black currant, DHEA, L-Carnitine, Melatonin, Rhodiola, Ribose, Taurine, Vitamin B12...

BUT

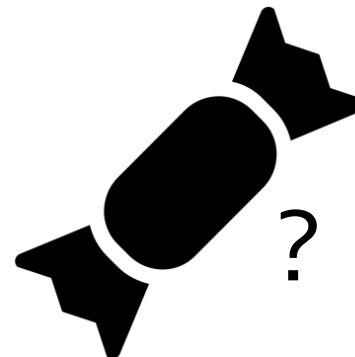
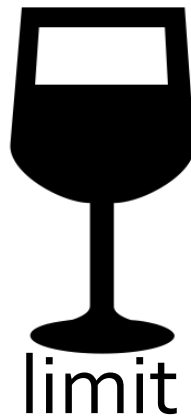
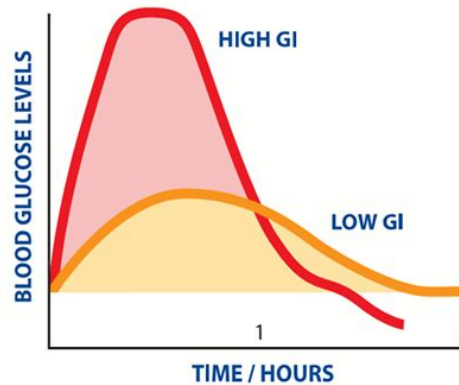
Side effects, drug interactions not well studied

Dose, formulation in stores may vary from that studied

To learn more, go to: National Institutes of Health, Office of Dietary Supplements (<https://ods.od.nih.gov>)



# Eating for Energy





# Thinking of making a change? Make a plan.

Starting a habit works better  
than breaking one

Look at drivers of eating  
habits (sleep, time, stress...)

Get support!



A vertical image on the left side of the slide shows two hands reaching towards each other against a blue sky with white clouds. The hand at the top is reaching down, and the hand at the bottom is reaching up. Both hands are wearing dark sleeves.

# Registered Dietitians in Calgary

Your family doctor – Primary  
Care Network (PCN)

AHS – Alberta Healthy Living  
Program

Private dietitians: Dietitians of  
Canada – Find-a-Dietitian

Benefits? (including EAP)

# Contact Me

[Cheryl@sweetspotnutrition.ca](mailto:Cheryl@sweetspotnutrition.ca)

Sign up for weekly tips:

[www.sweetspotnutrition.ca](http://www.sweetspotnutrition.ca)

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