

Professional Diploma in Nutrition

Module 1

Lesson 6: Energise Your Life

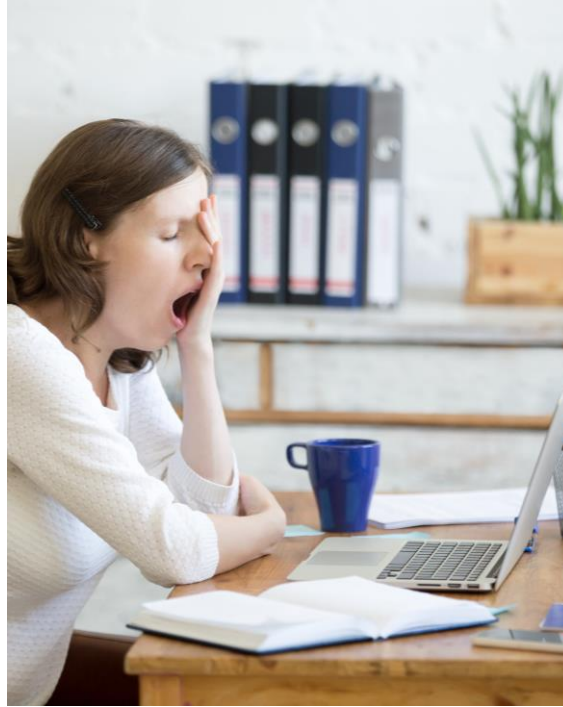


EQF Level 5
Professional Diploma



What Drains Our Energy?

- Bills
- Work
- Relationship worries
- Finance for kids



A man in a light blue short-sleeved button-down shirt is sleeping at a wooden desk. His head is resting on his left arm, which is propped up on the desk. His right hand is on the keyboard of a silver laptop. On the desk, there is a blue stapler, a blue pen holder with several blue pencils, and a blue mug. In the background, there is a white shelf with several blue binders. The overall scene is dimly lit, suggesting a quiet office environment.

**Lacking
Energy?**



Benefits of a Healthy Diet

- More energy
- Improved mood
- Healthy weight- confidence
- Increased longevity
- Controls disease



Formula for an Energy Boost

- Follow the food pyramid guidelines
- Adequate sleep
- Monitor caffeine intake
- Reduce sugar intake
- Eat breakfast
- Limit alcohol intake
- Eat regularly



Adequate Calorie Intake

- ✓ All nutritional needs are met
- ✓ A healthy weight is maintained
- ✓ Sufficient micronutrients
- ✓ Good energy levels
- ✓ No protein loss

Calorie Requirements



Children
1800kcal/day



Women
200kcal/day



Men
2500kcal/day



Importance of Breakfast

- ✓ Kick-starts your metabolism
- ✓ Breakfast eaters more likely to be a healthy weight than those who skip breakfast
- ✓ A healthy breakfast is a good source of protein, calcium, iron, fibre and vitamins
- ✓ Improves memory, concentration and mood
- ✓ Stabilise your blood sugars
- ✓ Aids your energy needs
- ✓ NHS says Long-term breakfast can reduce obesity, high blood pressure, heart disease and type 2 diabetes

Unhealthy Breakfasts

- High calories
- High sugar
- High fat
- High salt

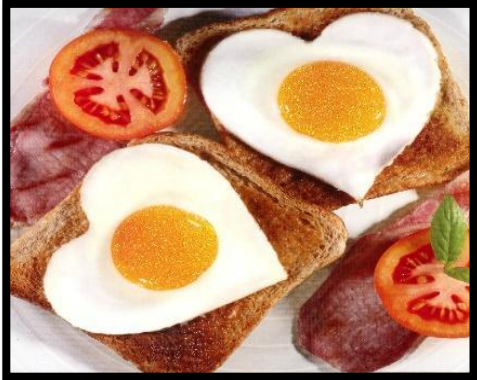




Healthy Breakfast formula

- ✓ Base on starchy carbohydrates
- ✓ Include fruit and veg
- ✓ Keep low in salt
- ✓ Keep low in saturated fat
- ✓ Dairy or calcium alternative
- ✓ Include protein

Healthy Breakfast Ideas



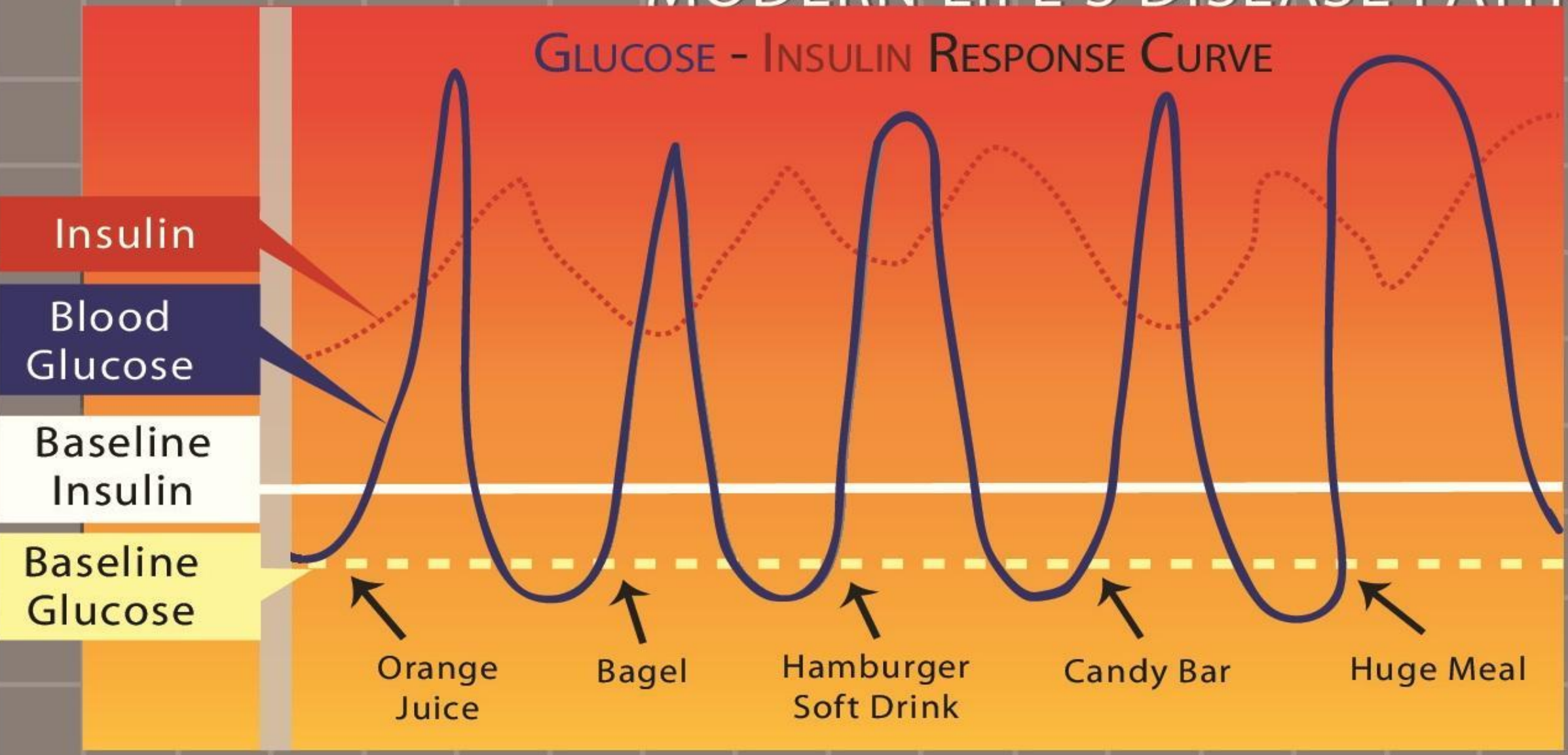


Eating Regularly

- ✓ Maintain stable energy levels
- ✓ Improved concentration levels
- ✓ Avoid mid-afternoon energy slumps
- ✓ More control over food choices
- ✓ Helps to control binge eating
- ✓ Metabolism works efficiently
- ✓ Helps to keep you feeling satisfied
- ✓ Regular meal eaters tend to eat fewer calories
- ✓ Snacking can help you to lose weight
- ✓ Try not to leave more than 4-5 hours between meals

MODERN LIFE'S DISEASE PATH

GLUCOSE - INSULIN RESPONSE CURVE



Insulin

Blood Glucose

Baseline Insulin

Baseline Glucose

Orange Juice

Bagel

Hamburger Soft Drink

Candy Bar

Huge Meal

MORNING

NOON

EVENING



How Does Alcohol Affect Us?

- Cancer
- Diabetes
- Interferes with sleep
- Dehydration
- Cause of hypertension- stroke or heart attack
- Increased risk of breast cancer
- Higher risk of stomach cancer
- Increased risk of pancreatitis
- Liver damage
- Irritable Bowel Syndrome and Bowel cancer
- Brain- depression and anxiety
- Can interfere with fertility-affects menstrual cycle and sperm

How Does Alcohol Affect Us?

NEUROLOGICAL

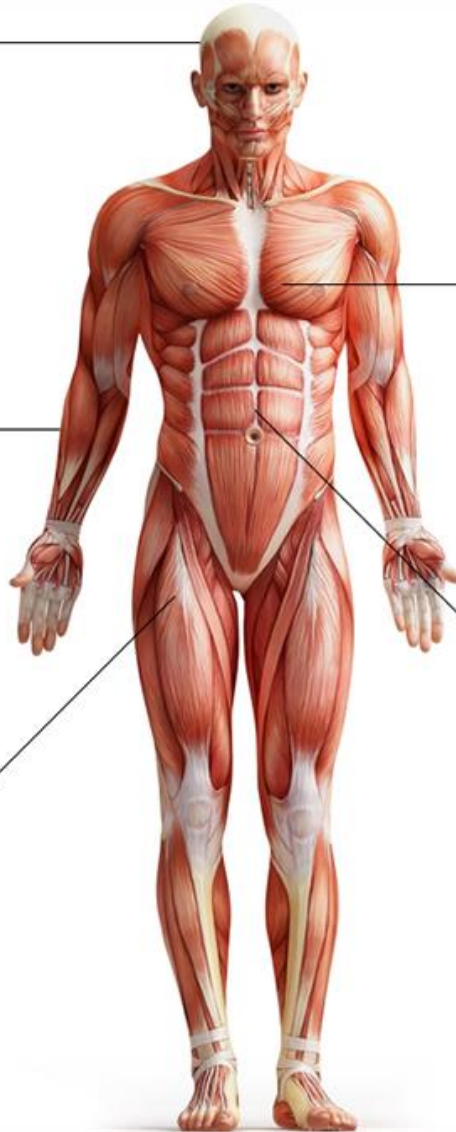
- Damage to brain cells
- Sleep disturbances
- Dulled senses
- Impaired Coordination
- Hallucinations
- Double vision
- Slurred speech
- Convulsions

MUSCULAR

- Tremors
- Muscle clamps
- Shakes
- Chills

BODY TEMPERATURE

- Cold, clammy skin
- Sweating
- Hypothermia
- Flushed skin



CARDIOVASCULAR

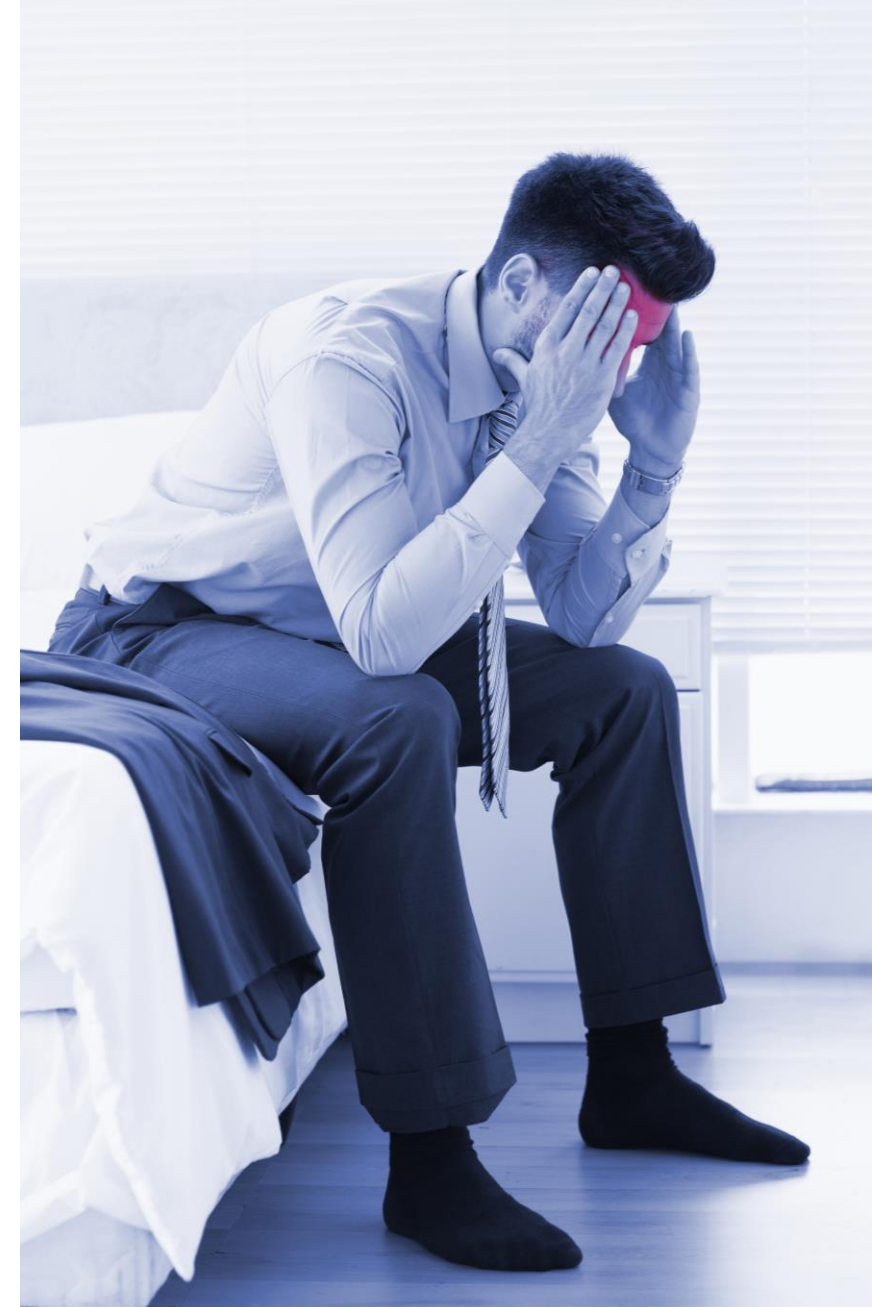
- High blood pressure
- Abnormal heart rhythms
- Weak or rapid pulse
- Heart muscle damage
- Heart attack or stroke
- Edema

GASTROINTESTINAL

- Nausea
- Vomiting
- Diarrhea
- Damage to stomach lining
- Stomach ulcers
- Increased urination
- Irritable colon
- Bleeding in the stomach

Alcohol and Mental Health

- Alters brain chemistry
- Can increase anxiety and stress
- Depression
- Linked to suicide, self-harm and psychosis
- Damage memory



Recommended Alcohol Intake

		USA	UK	Ireland	Australia	New Zealand
Weekly	Men	14*	14	17	14*	15*
	Women	7*	14	11	14*	10*
Daily	Men	2*	3-4	3-4	2*	3*
	Women	1*	2-3	2-3	2*	2*
Alcohol Free Days per Week		3	2	2-3	2	2 or more

*USA, Australia & New Zealand classify Alcohol in terms of a "Standard Drink" compared to Units in other countries

What is a Unit?

**1 Standard Drink (USA)
= 14g (0.6oz) alcohol**

5oz wine (12%)

12oz regular beer, larger (5%)

1.5oz spirit (40%)

Ireland: 1 Unit (= 10g alcohol)

175ml glass wine

35.5ml measure of spirit

½ pint of beer

275ml alcopop

UK: 1 Unit (= 10ml or 8g alcohol)

76ml glass wine

25ml measure of spirit

218ml glass cider

250ml glass beer/ alcopop

**1 Standard Drink = 10g alcohol
(Australia & New Zealand)**


100ml glass wine

30ml spirit

285ml beer - (330ml beer NZ)

What is a Unit?

12 fl oz of regular beer = **8–9 fl oz of malt liquor** (shown in a 12 oz glass) = **5 fl oz of table wine** = **1.5 fl oz shot of 80-proof spirits** (“hard liquor”— whiskey, gin, rum, vodka, tequila, etc.)



about 5% alcohol about 7% alcohol about 12% alcohol about 40% alcohol

The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Hidden Calories in Alcohol



- Average wine drinker in UK drinks 2,000Kcal of alcohol a month
- 1 standard glass of wine has as many calories as a piece of cake
- Alcohol has 7Kcals/g, nearly as much as FAT
- Drinking 5pints lager/week = 44,200Kcal/year = 221 doughnuts

HIDDEN CALORIES IN BOOZE



195 cal

1 250ml glass
of wine



1 large slice
of Victoria
sponge



165 cal

1 double
vodka
and tonic



1 large
doughnut



280 cal

1 Pina Colada



2 puff pastry
sausage rolls



180 cal

1 pint of beer



4 Jaffa cakes



380 cal

2 glasses of
champagne



1 large slice of
chocolate cake



175 cal

1 bottle of
alcopop



1 slice of
pizza



Alcopop/
Slice Of Pizza
237 Cals



Pina Colada/
Big Mac
644 Cals



Pint of Lager/
Slice of Choc Cake
180 Cals



Double Vodka Tonic/
Choc Custard D'nut
143 Cals



Large White Wine/
Fish Fingers
185 Cals

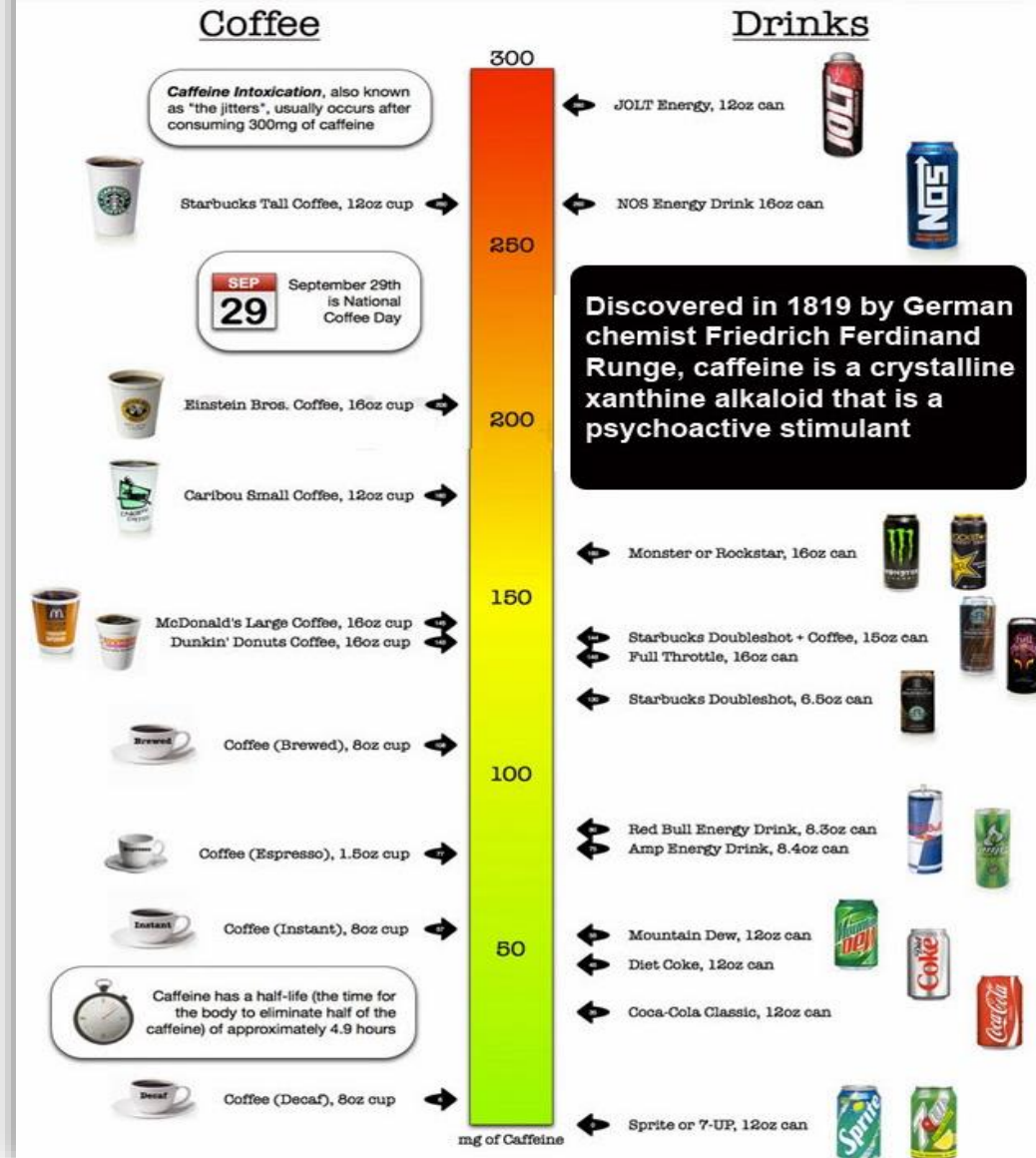


Reduce Caffeine Intake

- It is added to energy drinks, soda and some medication
- **Benefits include:** Boost energy levels, alleviates fatigue, increase concentration and focus.
- **Safe consumption:** Up to 400mg/day considered safe limit for adults, pregnant women <200mg/day and children and adolescents 100mg/day or less
- Too much >500mg; Insomnia, nervousness, restlessness, irritability, stomach upset, fast heartbeat and muscle tremors

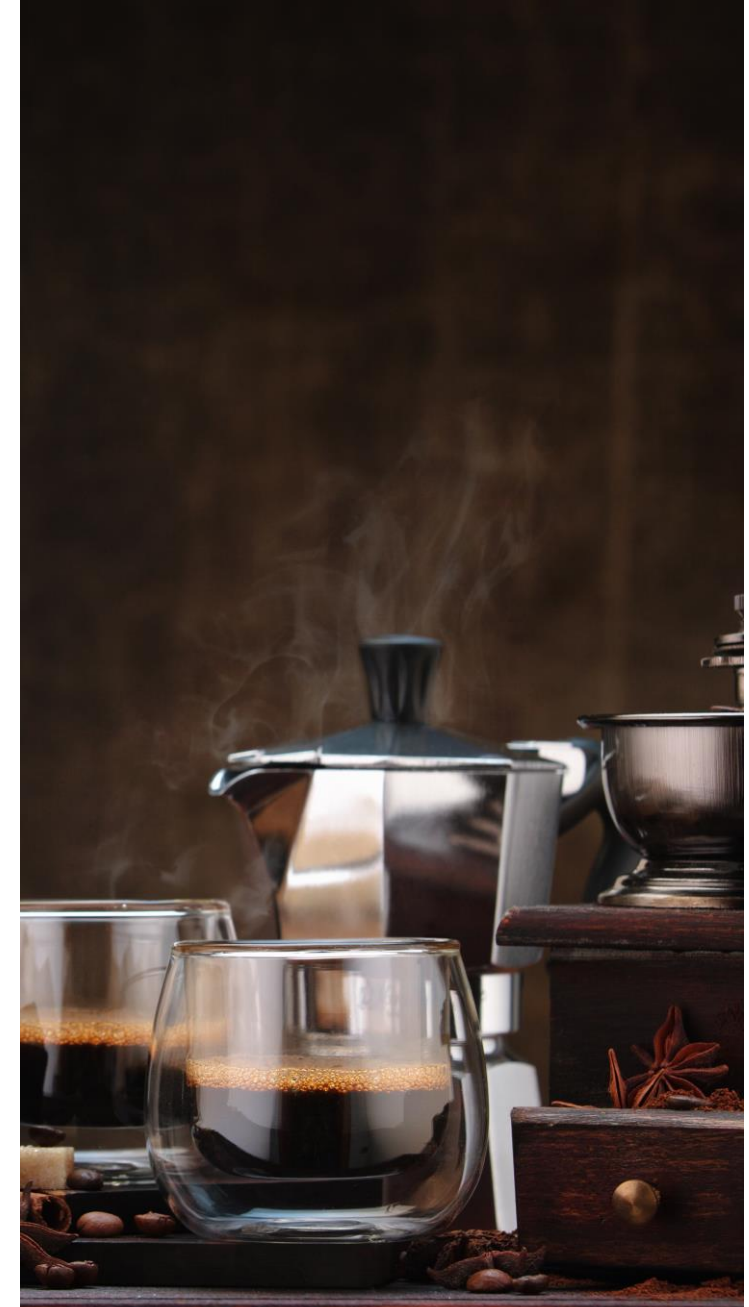


The Caffeine Chart



Coffee and Chronic Disease

- Avoid high calorie milky coffee for weight management
- May exacerbate preexisting heart conditions
- Type 2 diabetics should limit caffeine (200mg daily)
- May protect against neurological conditions; Alzheimer's, Parkinson's
- Unfiltered coffee linked to increased cholesterol
- Hepatoprotective (protects against liver disease)



Energy Drinks

- Initial boost of energy
- High in sugar
- High in calories
- High levels of caffeine
- Can increase blood pressure, trigger heart palpitations and insomnia
- Very dangerous to mix alcohol and energy drinks



Increase your Water

- ✓ Helps to maintain balance of bodily fluids
- ✓ Improves energy levels
- ✓ Can aid weight loss
- ✓ Energise muscles
- ✓ Keeps skin looking good
- ✓ Helps kidney flush out toxins
- ✓ Aids a healthy bowel



Tips to Increase Water

Aim 6-8 glasses a day

- May need more or less depending on levels of exercise, climate and illness
- Best way to hydrate yourself
- Don't confuse thirst and hunger
- Coffee and tea can contribute to your fluid intake
- Foods such as fruit and vegetables also count as a source of water, 20% of fluid intake is from food

Hyponatremia- a condition that occurs when the level of sodium in the blood is abnormally low, can be caused by drinking too much water



Tips to Increase Water

- Drink water before meals
- Sip slowly during the day
- Leave a glass on the counter or desk
- Sugar free flavoured water
- No added sugar diluted drink
- Tea & coffee count
- Herbal teas; peppermint, camomile
- Add sliced fruit to water



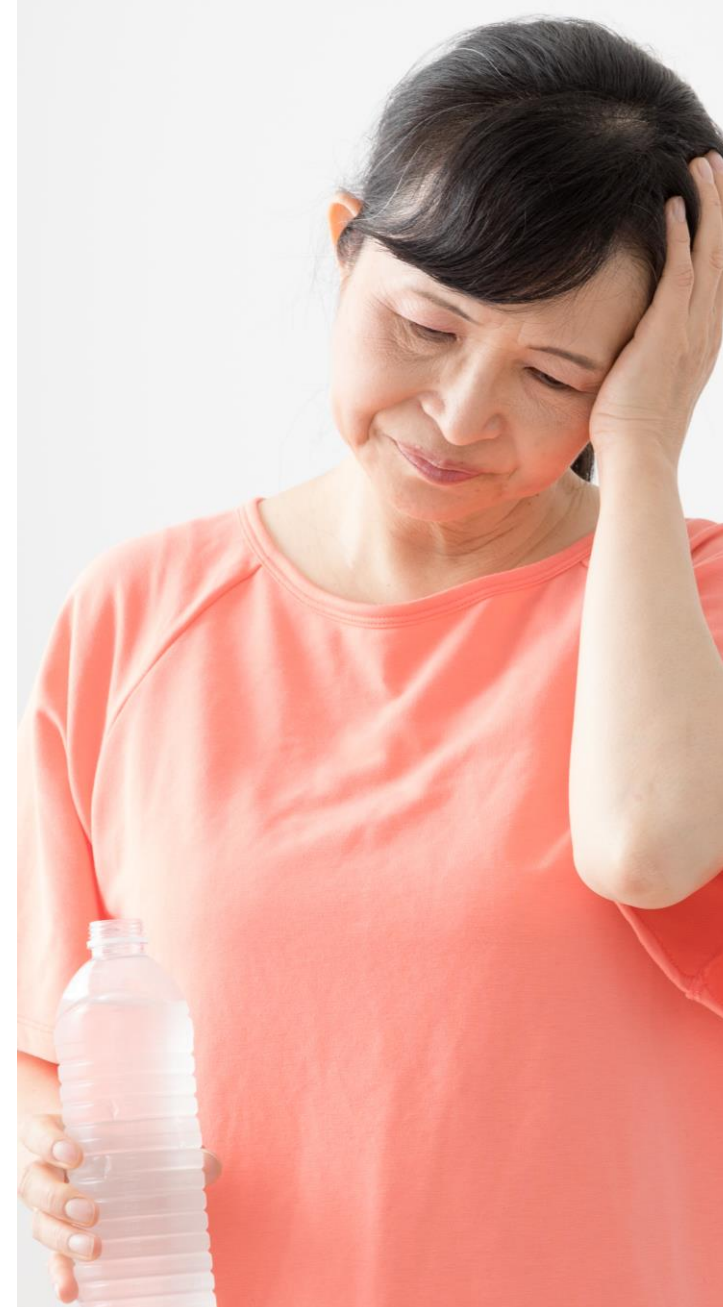
Fluid Intake

Fluids lost through sweating

Stay hydrated to prevent:

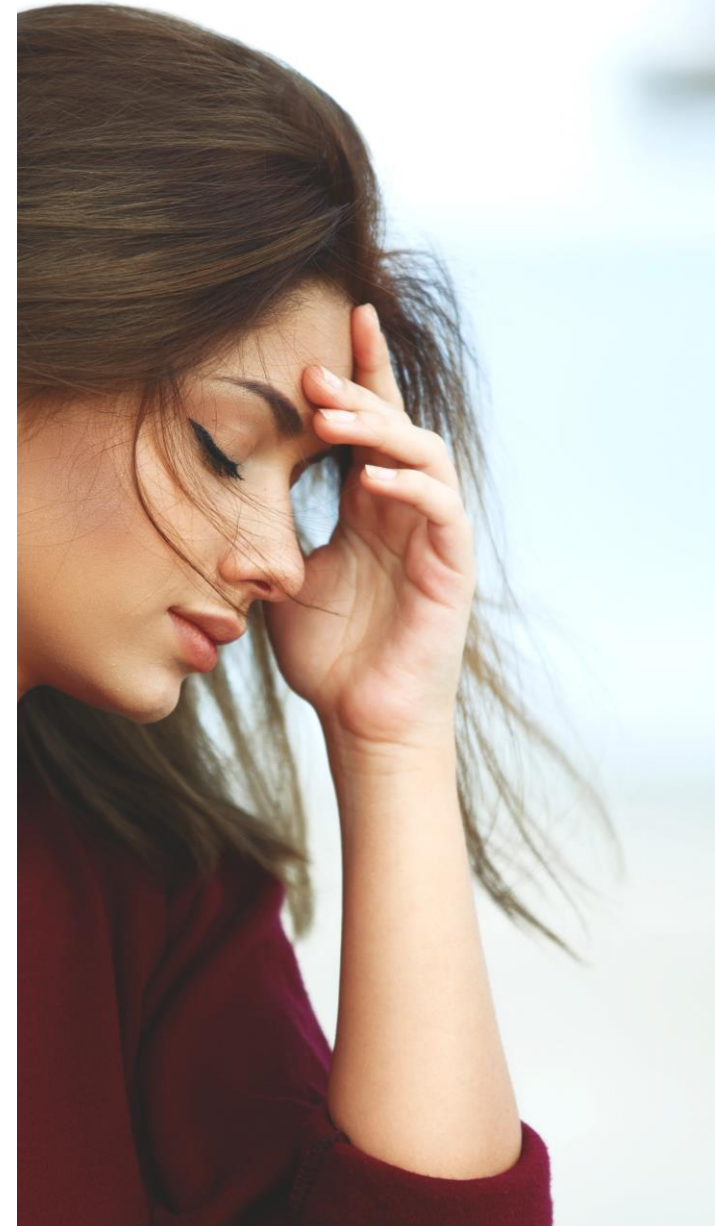
- Fatigue
- Impaired performance

- Drink 300-600ml fluid before exercise
- Drink 150-200ml fluid every 10-15mins when exercising
- Drink after exercise to hydrate yourself



Step 8: Get Adequate Sleep

- Feeling moody / irritable
- Lack of concentration/focus
- No energy/ unproductive
- Craving high sugar, fatty foods
- Feeling stressed / emotional



Benefits of Sleep



- Aim for 8 hours a night
- Boosts immunity
- Boosts energy levels
- May boost mental health and well-being
- May increase fertility
- May prevent type II diabetes
- May help to ward off heart disease

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Q&A

See You Back For Lesson 7

