



WORKPLACE NUTRITION: WHAT YOU EAT DURING THE WORKDAY MATTERS

Fueling Energy, Focus, and Performance



Franciscan HEALTH
SPORTS NUTRITION



SPORTS NUTRITION PROGRAM



Scan the QR code and download the Sports Nutrition App



- Free sports nutrition program for Franciscan Health partner schools.
 - Includes: sports nutrition videos, E-Books, Cookbooks
- Presentations (\$350/hr)
- 1:1 Sessions (\$119/hr)
- Please reach out for team pricing.

Expert Sports Dietitians ready to help take your fueling and recovery to the next level!



Franciscan Sports Nutrition Program
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INTRODUCTION

ANNA TURNER MS, RD

- **Registered Dietitian**
- **Sports Dietitian**
- **Worked In College and Professional sports since 2013.**
- **Instagram**
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**“YOU WOULDN’T EXPECT
ATHLETES TO PERFORM ON
POOR FUEL... SO WHY DO WE
EXPECT TO AT WORK?”**





THE WORKPLACE REALITY

- Donuts in the breakroom
- Candy bowls at desks
- Catered lunches
- Skipped meals
- Afternoon energy crashes

Your environment shapes your nutrition more than your intentions.





THE COST OF POOR FUELING

- Brain fog
- Energy crashes
- Reduced focus
- Increased irritability
- Lower productivity
- Poor long-term health outcomes

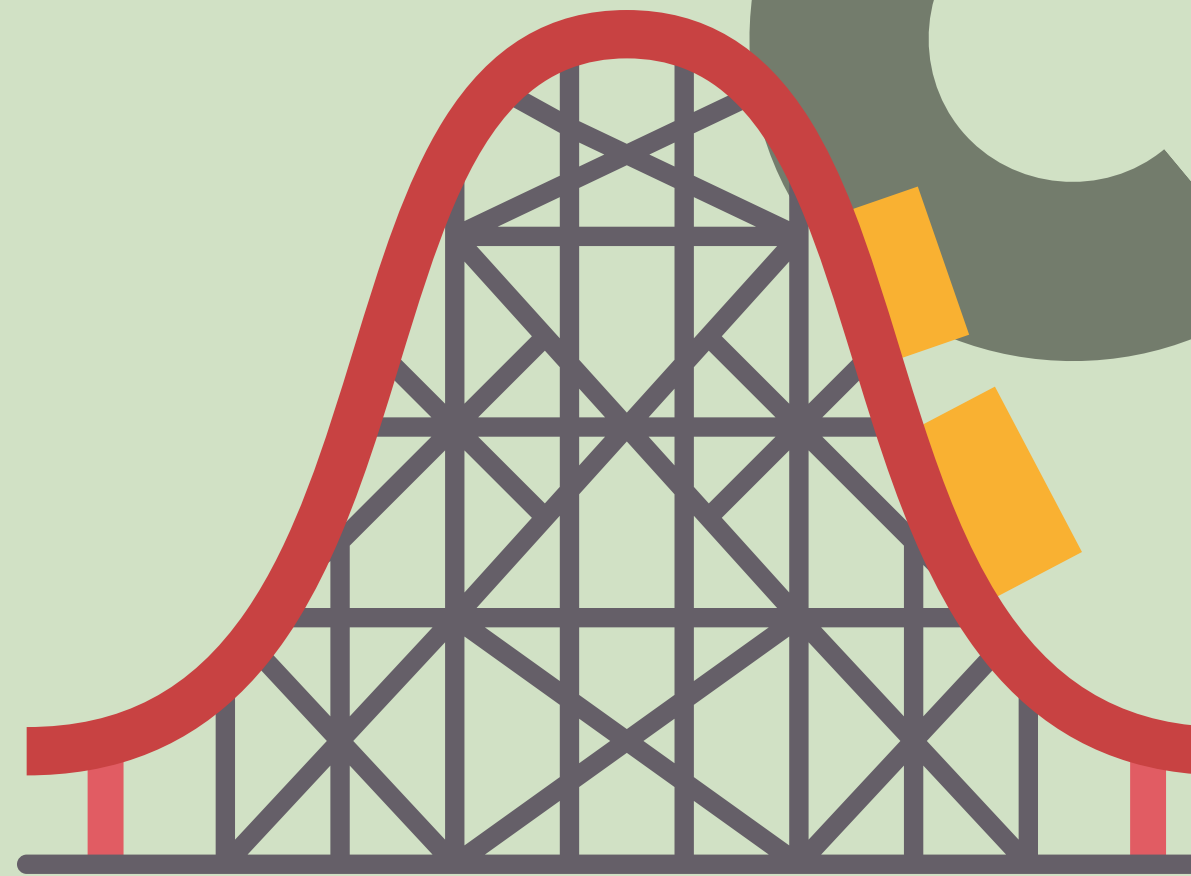


High sugar meal → energy spike + crash



THE ENERGY ROLLERCOASTER

- Simple, Tasty, and Nourishing
- Easy breakfast with protein and fiber.
 - Balanced lunch with whole ingredients.
 - Light, satisfying dinner options.
 - Healthy snacks that feel indulgent.



Balanced meal → steady energy



Fueling Schedule Example



Time	Meal	Dining Hall/Location	h/f	Comments
6:00am	Pre-Lift	Dorm	3-6	Carb = banana or granola bar
8:00am	Post-Lift Breakfast	south dining hall	3-7	hard athlete plate
11:00am	Snack	Dorm	3-6	Apple + beef jerky
12:30pm	Lunch	north dining hall	3-7	Hard athlete plate
2:30pm	Pre-Practice	In Class	3-6	fruit snacks + banana, just enough to get me through practice with energy.
5:30pm	Post Practice	In weight room	3-6	Chocolate milk + graham crackers to recover + hold me over until dinner.
6:00pm	Dinner	south dining hall	3-7	Hard athlete plate
8:00pm	Night Snack	Dorm	4-6	Smoothie



Questions: Email annaturnerllc@gmail.com
 Follow [annaturner_sportsnutrition](#) on Instagram for package & payment options

FUELING LIKE A PROFESSIONAL

Think like an athlete → perform like a professional.

- Consistent meals
- Balanced macronutrients
- Hydration
- Planned snacks
- Protein throughout the day

The Hunger Scale



Navigating Office Temptations

Scenario examples:

- Breakroom donuts
- Pitch-ins
- Catered lunches
- Coworker treats

Strategies

- Don't skip meals
- Build your plate first
- Add instead of restrict
- Enjoy treats intentionally



THE 3 PM SLUMP SOLUTION



Coffee for breakfast,
no actual food.



Common causes:
Skipping breakfast
Low-protein lunches
Dehydration

Smart Snack Ideas
Apple + peanut butter
Protein bar
Trail mix
Greek yogurt



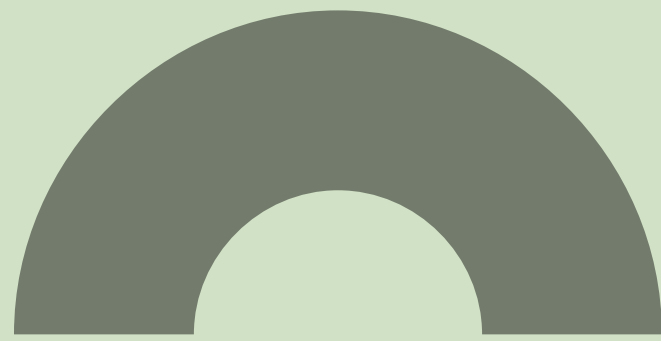


HYDRATION & COGNITIVE PERFORMANCE

- Mild dehydration impacts focus
- Fatigue can mimic dehydration
- Coffee alone doesn't solve hydration

GOAL =

Half your body weight (oz) in fluids daily



Busy Schedule? No Problem

Quick wins:

Grab-and-go breakfasts

Desk snacks

Meal prep shortcuts



Convenience with balance





Fueling Schedule Example (Adult)



Time	Meal / Snack	Location	h / f (handfuls)	Comments
 6:30am	Pre-Workout Fuel	Home	2-3	Easy-to-digest carbs for energy. Example: banana + honey or toast.
 9:30am	Post-Workout Breakfast	Home / Work	3-4	Replenish glycogen + protein. Example: oatmeal with berries + Greek yogurt.
 12:30pm	Lunch	Work / Home	4-5	Balanced meal with carbs, protein, healthy fats, and veggies.
 3:30pm	Afternoon Snack	Work / Home	2-3	Sustain energy until dinner. Example: nuts + fruit or yogurt.
 6:30pm	Dinner	Home	4-5	Balanced meal to support recovery and overall health.
 9:00pm	Evening Snack (Optional)	Home	1-2	If hungry or active later. Example: Greek yogurt or cottage cheese with berries.

Handful Guide (h/f)

1 Handful Carbs = 1 cupped hand (e.g., rice, pasta, fruit)
 1 Handful Protein = 1 palm (e.g., chicken, fish, tofu, meat)
 1 Handful Fat = 1 thumb (e.g., nuts, nut butter, olive oil)
 1 Handful Veggies = 1 fist (e.g., salad, broccoli, peppers)

General Tips

- Hydrate consistently throughout the day.
- Adjust portions based on your hunger, activity level, and goals.
- Quality > quantity — focus on whole, nutrient-dense foods.



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BUILDING

SUSTAINABLE HABITS

- Start small
- Focus on consistency
- Pair habits with routines
- Progress over perfection

Examples

Eat before meetings

Pack snacks the night before

Schedule lunch breaks



SHAPING YOUR ENVIRONMENT



- Keep balanced snacks nearby
- Improve your workspace food setup
- Advocate for healthier catering options
- Bring balanced options to share



Shift from reactive → proactive





FOR EMPLOYERS

- Nutrition impacts:
- Productivity
- Focus
- Absenteeism
- Employee well-being
- Healthcare costs

Workplace Opportunities

- Smarter catering
- Hydration stations
- Nutrition education
- Wellness programming



KEY TAKEAWAYS

- Workday nutrition impacts performance
- Balanced meals improve energy + focus
- Planning reduces impulsive choices
- Small habits create long-term change



NOW GO AND DO!

Choose ONE thing this week:

- Pack a balanced lunch
- Add a protein-rich snack
- Increase water intake
- Stop skipping meals

thank you so
much

Anna Turner, MS, RD

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Contracted by Franciscan Health Sports
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