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White Paper

Balanced Nutrition

Energize Your Days - Calm Your Nights

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Is there an energy crisis in your house? Do you find it hard to stay awake during the day and then to fall asleep at night? You're not alone. The National Institutes of Health reports that nearly 1 in 4 Americans have trouble getting a good night's sleep. Insufficient sleep affects your mood and ability to cope, your eating habits, your effectiveness at work, your concentration, and . . . your lifestyle! Eating right and exercising during the day can help you have a productive day and sleep peacefully through the night. But beware. The same foods that energize your day could sabotage your sleep. Your best defense is a healthy balanced diet. Learn which foods will power your day and guide you to sleep at night.

Nutrition to energize your day

You've heard it before—breakfast is the most important meal of the day. Believe it! **Don't skip breakfast.** Breakfast prepares your body for what lies ahead. Avoid processed foods like donuts and sugary cereals. Instead, choose fresh fruit, oatmeal, or whole grain bagels. These foods will keep you energized until lunch and possibly throughout the day.

Are you in a hurry? Skip the drive-thru and try a homemade "to-go" like peanut butter on whole grain toast and a banana or apple. Fresh fruit offers a natural supply of vitamins, minerals and antioxidants. The simple carbohydrates found in fruit break down quickly to immediately boost your energy levels. Yogurt is another good choice for breakfast or any time of day. Enjoy it with fresh fruit or nuts for an added nutritional and energy bonus.



Rely on complex carbohydrates to sustain energy levels throughout your day. Carbohydrates get converted to glycogen that your body either uses immediately for energy or stores in your muscles for later. Whole-grain cereals, breads, and pastas, black beans, and brown rice are satisfying complex carbohydrates. These foods are high in fiber and low in fat.

Enjoy tuna salad for lunch. Oily fish like tuna and salmon, nuts, leafy greens, flaxseed and vegetable oils are great sources of **omega-3 fatty acids**. You get these essential fats from food; your body does not make them even though it needs them to function properly. Research shows that omega-3 fats are important for brain development and function and may help improve your mood, focus, and energy.



Red meat, poultry and fish are **protein-rich foods** that can improve cognitive function and keep you alert. They also provide vitamin B12 and iron. Vitamin B12 is one of the B vitamins that are key for your body's development. B-12 regulates the use of carbohydrates in your body and may determine your energy levels oxygen throughout your body. Low iron levels can mean less hemoglobin and that means your body won't get enough oxygen. An iron deficiency can affect your ability to concentrate and your moods, and cause extreme fatigue. Researchers believe low iron levels may cause restless leg syndrome since iron affects your body's ability to produce dopamine, a neurotransmitter responsible for controlling movement. Spinach is an excellent source of iron and other important nutrients to boost your energy levels. because of its role in the digestive process. Iron is a mineral that supports your energy metabolism and cognitive development. It helps your body make hemoglobin that delivers

Looking for something to snack on while watching your favorite movie? Pass on potato chips and corn chips and opt for the traditional bowl of popcorn. Three cups of fat-free, butter-free popcorn will release serotonin to your brain and help you sleep.

Avoid caffeine and energy drinks at least eight hours before bedtime. Caffeine affects people differently so be aware of how it affects you. You'll find caffeine in chocolate, black and green tea, coffee and some carbonated sodas.

Limit your alcohol intake. Alcohol may relax you, and even make you sleepy, but prevents you from achieving a deep sleep. Wine contains tyrosine. Like tryptophan, tyrosine is an amino acid, but has a different effect. Tyrosine acts as a stimulant and increases energy; tryptophan calms. Some foods, like turkey and eggs, contain both tyrosine and tryptophan to provide balance to your diet and sleep schedule.

Nighttime Snack

Choose:

- Yogurt
- Warm milk
- Turkey on whole grain bread
- Peanut butter
- Cherries
- Oatmeal
- Banana
- Chamomile Tea

Instead of:

- Ice cream
- Hot Chocolate
- Salami on white bread
- Pizza
- Chocolate
- Sugary cereal
- Cookies
- Coffee



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