



Ascension



Healthy food choices for your workday

Nutrition to enhance your work performance

How to optimize your meals for proper nutrition:

Balance carbs, proteins and fats for long-lasting fullness.

1. Protein helps muscle repair, keeps you full, and stabilizes blood sugar. Aim for 1-2 servings per meal.
2. Carbs provide energy. Choose complex carbs like whole grains and quinoa for steady energy.
3. Fats support brain function and satiety. Due to calorie content, include smaller portions like a handful of nuts on a salad or fatty fish like salmon.

How to meal prep for your work week:

Meal prep is a great way for busy professionals to eat well on a consistent basis.

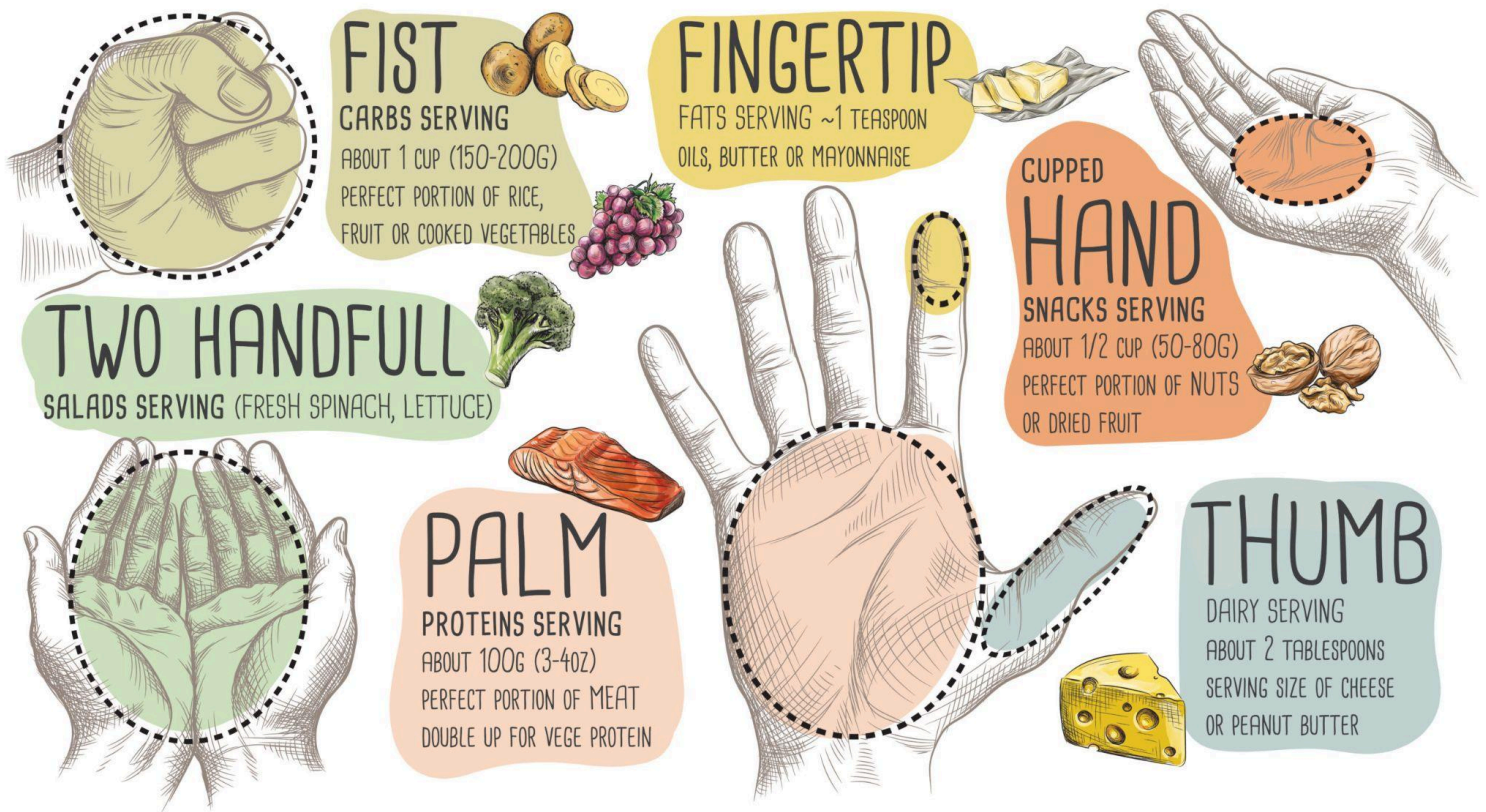
1. Sheet pan meals and bulk bakes can be made ahead and portioned out to last the week.
2. Chicken sausage, rotisserie chicken and tuna packets are convenient protein options for prepping meals in bulk.
3. You can repurpose one protein for multiple meals when you prep: like grilled chicken can be used for a salad, burrito bowl, and stir fry.

How to manage portion sizes:

Use the size of your hand for reference.

- 1 serving of protein is 3 oz (about the size of the palm of your hand). One to two servings recommended at each meal.
- Carbs (rice, quinoa, pasta) = Fisted/cupped hand ($\frac{1}{2}$ to 1 cup). One serving is recommended.
- Fats (avocado, nuts, cheese) = Thumb-sized (1 tbsp). One to two servings recommended.

- Veggies (broccoli, spinach, peppers) = Two handfuls (about 2 cups).



Healthy snack options:

A healthy snack should combine a protein and a fiber source.

- An apple and peanut butter
- Hummus and carrot sticks
- String cheese and 1 serving of whole grain crackers
- Greek yogurt with berries
- Protein bars (with more than 10 grams of protein and less than 10 grams of sugar)
- ¼ cup trail mix or mixed nuts