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NUTRITION & WELLBEING  
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# Fuel your Day:

*Eating for Energy and Focus at Work*

18<sup>th</sup> November 2025



*eat better  
today.*

# Overview

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- Introductions & Overview
- How food and drink choices influence energy levels and focus during the working day
- Top Tips and examples of what to eat
- Considerations for employers
- Questions



# Lydia Leighton

Registered Dietitian & Nutrition Consultant

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- **I love nutritious and delicious food!**
- Foundations in the NHS
- 20 years' experience as a Dietitian
- Founded business in 2019 to facilitate better work/life balance
- Specialist areas:
  - Workplace wellbeing
  - Weight management & women's health
  - Relationship with food



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# Which will give you longer lasting energy?



A



B



C



D



# Food at Work

What we eat and drink affects:

- Our health
- How we think, feel and behave on a daily basis

We know that the workplace influences diet:

- 60% of food eaten is during working hours

Fatigue  
Concentration  
Mood

Physical Health  
Mental Health



# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Per day  2000kcal  2500kcal = ALL FOOD + ALL DRINKS



# SHIFT your way to...

- S** Snack smart
- H** Have breakfast
- I** Include 5 food groups
- F** Fluid
- T** Take a break

eat *better*  
today.



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# Try to eat regularly.....*snacks*

**Snacks**

*eat better  
today.*

**Help maintain  
energy levels  
during the day**

**Can prevent  
overeating at  
the next meal**

**Plan!  
Plan! Plan!**

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# What to choose for snacks.....



# SHIFT your way to...

- S Snack smart
- H** Have breakfast
- I Include 5 food groups
- F Fluid
- T Take a break

eat *better*  
today.



# Try to eat regularly....*breakfast*

**Breakfast**

**Tops up energy stores**

**Short term memory**

**Attention & concentration**

**Reaction times**

**Executive function**

**Better overall nutrient intake**

*eat better today.*

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# What to choose for breakfast.....



“.....Try to eat within 2 hours of getting up”



# SHIFT your way to...

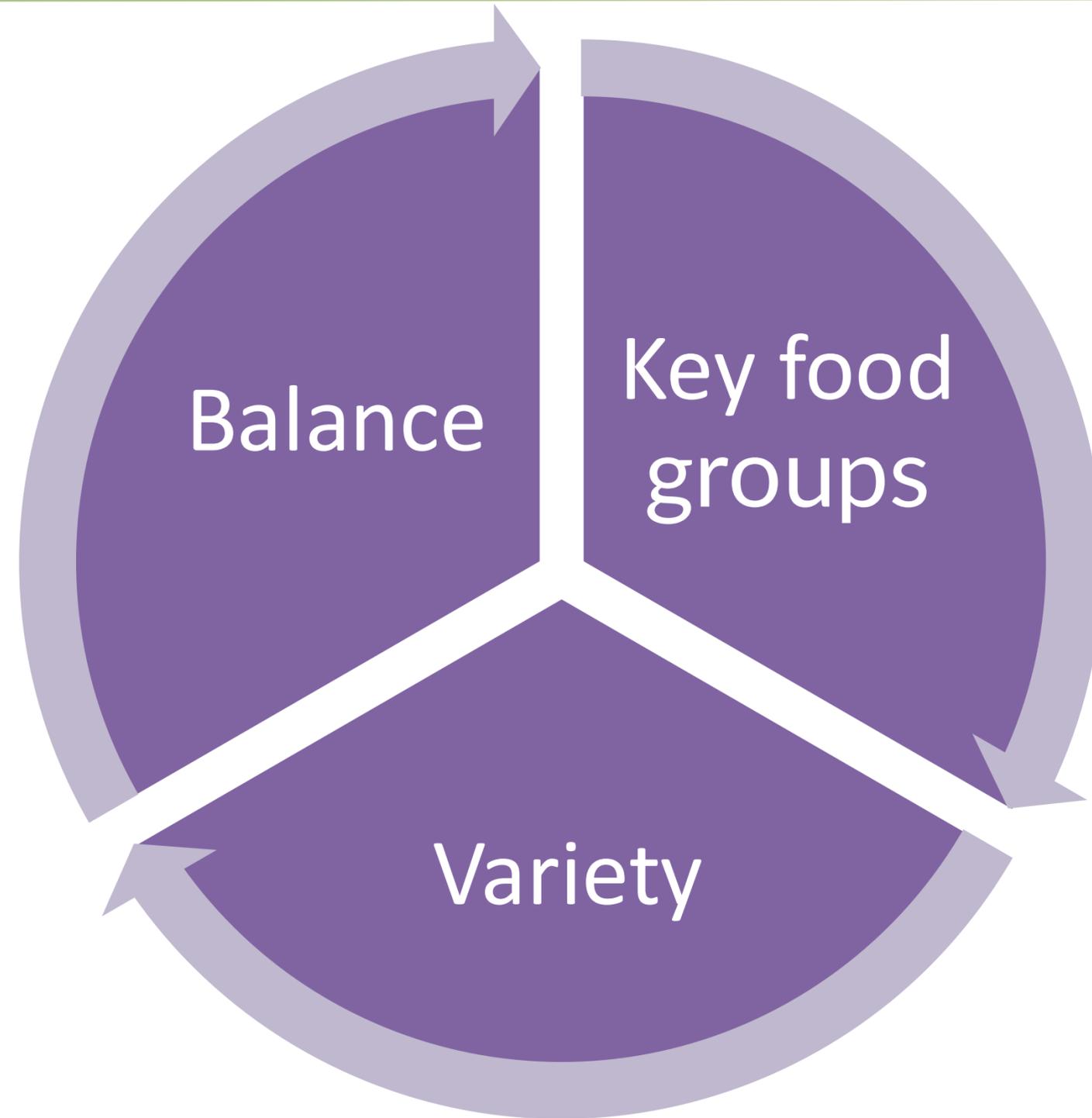
- S Snack smart
- H Have breakfast
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eat *better*  
today.



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# What makes a healthy diet?



# Balance your Plate



Some dairy or fortified  
dairy alternatives

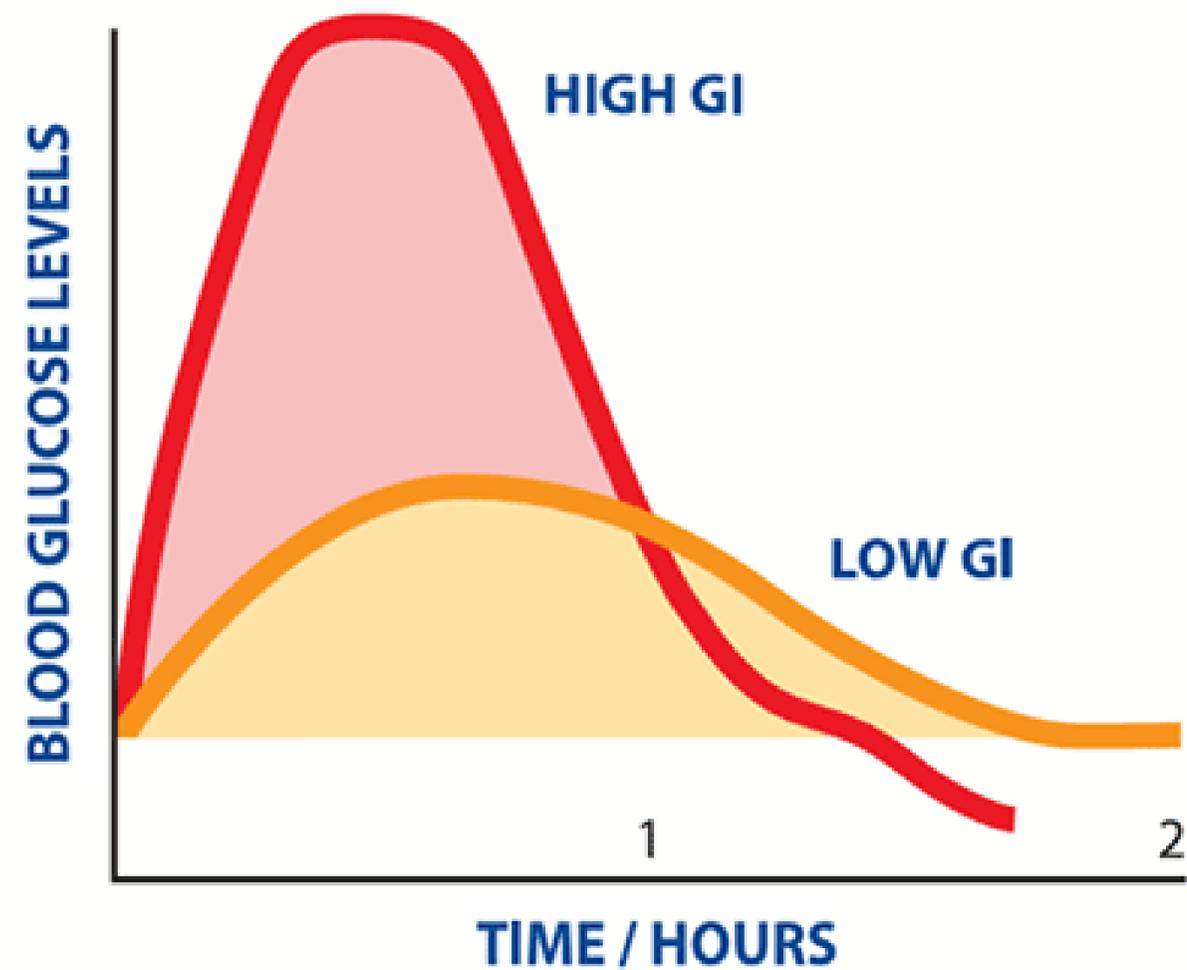


Small amounts of  
unsaturated oil  
and spread



Stay hydrated with a drink  
at meal and snack times

# Think quality



# Typical Day



## Breakfast

Oat based cereal with  
dried fruit

Nuts

Seeds

Milk on cereal

Apple Drink



## Snack

Handful of nuts



## Lunch

Wholemeal  
cheese & salad wrap

Handful of cherry  
tomatoes

Fruit and Greek  
natural yoghurt

Homemade Fruity  
Flapjack



## Snack

Vegetable sticks &  
Houmous dip



## Dinner

Salmon

New Potatoes

Broccoli

Green Beans



# Typical Day



## Breakfast

Apple  
Peanut Butter  
Coffee



## Snack

Overnight Oats  
Nuts  
Seeds  
Fruit



## Lunch

Hearty vegetable  
soup with chickpeas  
Slice of wholegrain  
bread



## Snack

Greek bio-live yoghurt  
Fruit  
Could add handful  
nuts/seeds



## Dinner

Spaghetti Bolognese  
added lentils  
Side Salad



# Typical Day



## Breakfast

Egg, Avocado  
on Toast

Cup of tea



## Snack

Cereal Bar



## Lunch

Porridge

Unsweetened soya  
milk

Nuts

Seeds

Cup of tea



## Snack

Slice of wholegrain  
toast

Peanut butter

Banana



## Dinner

Chicken

Rice

Salad



# SHIFT your way to...

*eat better today.*

S

Snack smart

H

Have breakfast

I

Include 5 food groups

**F**

**Fluid**

T

Take a break



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# Dehydration affects mood and concentration

- You may feel thirsty
- Urine colour and smell
- Peeing less often than usual
- Feeling dizzy or lightheaded
- Feeling tired
- Dry mouth, lips and tongue
- Sunken eyes

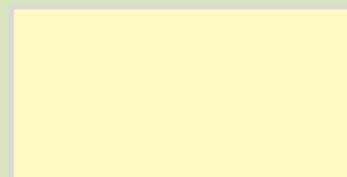
## Are you dehydrated?



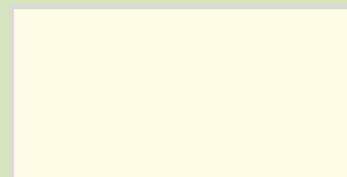
- Very Dehydrated
- Drink a large bottle of water immediately



- Dehydrated
- Drink a 2-3 glasses of water now



- Somewhat dehydrated
- Drink a large glass of water now



- Hydrated – you are drinking enough
- Keep drinking at the same rate



# Think...

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Hydration

before



Caffeination



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# Which fluids count?



# SHIFT your way to...

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eat *better*  
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# Try to eat regularly.....*lunch*

**Lunch**

**Chance to  
'clear head'  
and refresh**

**Social  
interaction**

**Improved  
wellbeing**

**Reduce stress  
& fatigue**

**Physical  
activity**

**Refuel brain  
and top up  
nutrients**

*eat better  
today.*

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# What to choose for a light meal.....



# SHIFT your way to...

- S** Snack smart
- H** Have breakfast
- I** Include 5 food groups
- F** Fluid
- T** Take a break

eat *better*  
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# Considerations for Employers

*eat better  
today.*

**Protected /  
Flexible Breaks  
for Meals**

**Food preparation,  
storage & eating  
facilities**

**Nutritious options  
on-site**

**Healthy snack  
initiatives**

**Supportive food  
culture**

**Education and  
Engagement**

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# Thank You

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Lydia Leighton Nutrition and Wellbeing



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