



NOURISH AND FLOURISH: BALANCED NUTRITION ESSENTIALS

**PRESENTED BY YOUR EMPLOYEE ASSISTANCE
AND WORKLIFE PROGRAMS**

August 12, 2026

OBJECTIVES

- Understand what it means to eat for energy
- Review essential vitamins and minerals
- Discuss the importance of fiber
- Highlight effective snacking strategies

SECTION 1

EATING FOR ENERGY

EFFECTIVE SNACKING

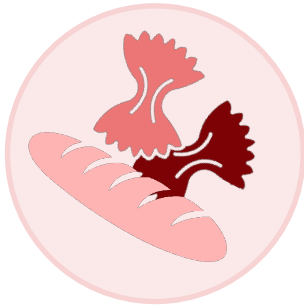
Snacking is often associated with chips, cookies, and junk food, **but it can be healthy.**

When done effectively, it helps:

- Balance blood sugar and energy levels
- Meet recommended daily nutrient intake



ENERGY SOURCES



Carbohydrates

Efficient energy comes from glycogen, the body's storage form of carbohydrates



Protein

Supports sustained energy by slowing digestion and stabilizing blood sugar between meals



Fat

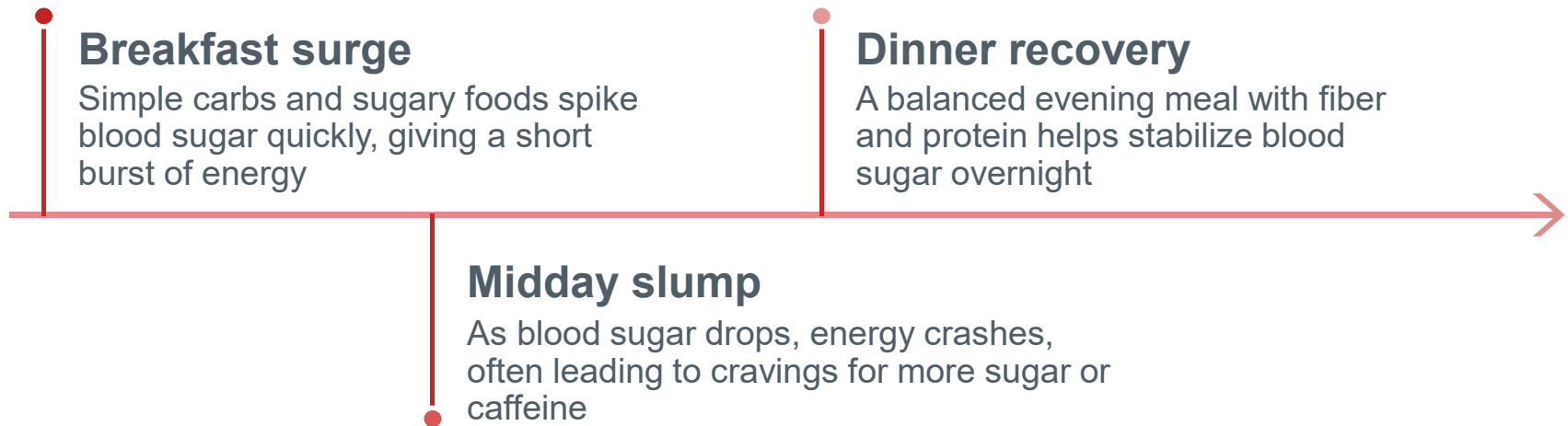
Provides energy, but not as well

1g carbs/protein = 4 calories

1g fat = 9 calories

BALANCING ENERGY LEVELS

Processed foods high in added sugar and low in fiber cause energy surges and slumps throughout the day.



- Consistent, balanced meals keep energy stable from morning to night
- To boost energy:
 - Eat more whole foods
 - Avoid processed foods

SECTION 2

VITAMINS AND MINERALS

VITAMIN C



Antioxidants that protect from free radicals, aid wound healing, and support iron absorption.

Men: 90 mg

– Citrus fruits, kiwi, strawberries, cantaloupe

Women: 75 mg

– Red and green peppers, broccoli, Brussels sprouts, tomatoes, cauliflower

VITAMIN A



Supports vision, cell growth, reproductive system, and the lungs and kidneys.

Men: 900 mcg

Women: 700 mcg

- Sweet potato, dark leafy greens, carrots, red peppers
- Mangos, cantaloupe, dried apricots
- Salmon, full-fat dairy, liver

VITAMIN E



A fat-soluble antioxidant that supports the immune system and helps prevent blood clots.

Adults: 15 mcg

- Almonds, peanuts, sunflower seeds
- Dark leafy greens, broccoli, butternut squash, avocado
- Wheat germ oil, safflower oil, sunflower oil

POTASSIUM



An electrolyte that supports blood pressure, fluid balance, kidney function, nerves, and muscles.

Men: 3,400 mg

– Acorn squash, potatoes, spinach, tomatoes

Women: 2,600 mg

– Bananas, oranges, apricots, prunes

– Beans, lentils, chicken, clams, trout

CALCIUM



A mineral that supports bone density, nerve function, blood flow, and hormone function.

Men: 1,000 mg

– Dairy products

Women: 1,200 mg

– Bok choy, kale, broccoli, collard greens

– Canned salmon or sardines with bones

SECTION 3

THE IMPORTANCE OF FIBER

SOLUBLE FIBER

Dissolves in water, may contain prebiotics, promotes fullness, and lowers cholesterol and glucose.

- **Grains:** Oats, barley
- **Legumes:** Lentils, beans, dried peas
- **Fruit:** Apples, oranges, pears, blueberries, strawberries, avocado
- **Seeds and vegetables:**
Flaxseeds, chia, psyllium,
cucumbers, celery,
carrots



INSOLUBLE FIBER

Increases stool bulk and promotes movement of waste through the digestive system.

- **Whole grains:** Wheat bran, barley, brown rice, bulgur, couscous
- **Nuts and legumes:** Almonds, pumpkin seeds, walnuts, kidney beans, chickpeas
- **Vegetables:** Zucchini, broccoli, cabbage, onions, tomatoes, beets, dark leafy greens
- **Fruit:** Apples, bananas, raspberries



FIBER INTAKE



How much we need

Age 50 or younger

- Men: 38 grams
- Women: 25 grams

Age 51+

- Men: 30 grams
- Women: 21 grams



How to increase consumption

- Choose whole grains most of the time
- Include fruits and/or vegetables in every meal and snack, and leave the peel/skin on
- Incorporate plant-based protein a few times per week
- Check the Nutrition Facts label for fiber content

SECTION 4

TAKE ACTION: START SNACKING

HOW TO BUILD A HEALTHY SNACK

A healthy snack should give us energy and nutrients.



Timing

Consider when you need energy most



Real whole food

Choose minimally processed ingredients



Variety of nutrients

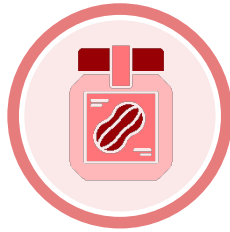
Include carbohydrates, protein, fat, and fiber

HEALTHY SNACK IDEAS



Veggies and dips

Hummus or guacamole



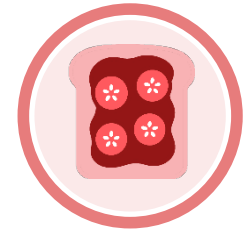
Fruit and nut butter

Apple or banana with
nut/seed butter



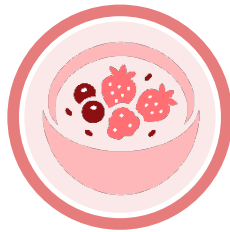
Trail mix

Nuts + seeds + dried fruit



Whole grains

Toast with avocado and
hemp seeds
Tortilla with beans and
veggies



Yogurt and oats

Plain yogurt with berries
and flax
Oatmeal with apples and
walnuts



More ideas

Chia pudding, lentil soup
Smoothie with spinach
and hemp seeds
Popcorn with coconut oil

SUMMARY



- Effective snacking balances blood sugar and helps meet daily nutrient needs
- Whole foods keep energy stable, while processed foods cause energy surges and slumps
- Fiber supports digestion and reduces the risk of diabetes, heart disease, and some cancers
- Aim for 21–38 grams of fiber daily depending on age and sex
- Build healthy snacks with real whole food, good timing, and a variety of nutrients

RESOURCES

Books

- Eat, Drink, and Be Healthy
 - Walter Willett, M.D.
- How Not to Die
 - Michael Greger, M.D.
- Nutrivore
 - Dr. Sarah Ballantyne
- The Small Change Diet
 - Keri Gans, RD, CDN

Podcasts

- [The Keri Report](#)
- [Nutrition Over Easy](#)
- [On Nutrition](#)

Online Articles

- [2025-2030 Dietary Guidelines for Americans](#)
- [Nutrition Basics](#)
- The Nutrition Source (Harvard)
 - [Fiber](#)
 - [Healthy Eating Plate](#)
 - [Vitamins and Minerals](#)

Apps

- [Cronometer](#)
- [MyFitnessPal](#)
- [Nutrition GPA](#)

THANK YOU



Behavioral Health Services Employee Assistance and WorkLife Programs

24 HOURS A DAY

800-222-0364

foh4you.com

