

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

NUTRITION AND INJURY PREVENTION IN THE WORKPLACE

Jobs with increased physical demands on the body



BALANCED MEALS FOR ENERGY AND FOCUS

Consume balanced meals that include a variety of nutrient-rich foods such as whole grains, lean proteins, fruits, vegetables, and healthy fats. Aim to eat every 3-4 hours when possible, including healthy snacks as needed throughout the day. Finding a meal frequency that works for you will help you avoid energy crashes and brain fog at work. Eating consistently throughout the day will help regulate energy levels for the workday and supports cognitive function.

HYDRATION IS KEY

Staying hydrated is crucial for preventing fatigue and maintaining optimal physical and cognitive performance. Drink water consistently throughout the day. Aim for at least 8 glasses (about 2 liters) of water daily. On days with increased physical intensity or heavy sweating, consult with your doctor or dietitian about incorporating electrolyte-rich drinks (no sugar added).

NUTRIENT CONSIDERATIONS FOR INJURY PREVENTION

Certain nutrients play a crucial role in supporting bone and muscle health, which can help prevent injuries. Calcium, vitamin D, magnesium, and protein are essential for maintaining strong bones and muscles. Include leafy greens, low-fat dairy products, fortified foods, nuts, seeds, and lean meats to boost your micronutrient profile.

ANTI-INFLAMMATORY FOODS

Inflammation can contribute to aches, pains, and injury risk. Certain foods have anti-inflammatory properties. Include omega-3s and antioxidant rich foods such as berries, fatty fish, nuts, and leafy greens. In contrast, some foods contribute to inflammation in the body. These foods should be avoided or consumed in moderation: sodas, processed meats (e.g., bologna, hot dogs), fried foods, refined grains (e.g., white bread, pasta), snack cakes, cookies, crackers, and chips.

MANAGING PORTION SIZES

Practice portion control to prevent overeating, which can lead to discomfort and reduced productivity. Aim for smaller, more frequent meals and snacks when possible. Using smaller dishware can help individuals regulate portion sizes.

SNACK SMARTLY

Opting for healthy, whole food snacks like nuts, seeds, yogurt, fruit, and chopped vegetables can help provide a steady source of energy between meals. High sugar, highly processed snacks are likely to cause an energy crash, resulting in poor focus and fatigue at work.

Remember, individual nutritional needs may vary based on factors such as age, gender, activity level, and specific job requirements. Consulting with a registered dietitian can help you tailor your nutrition plan to your specific needs and goals.



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