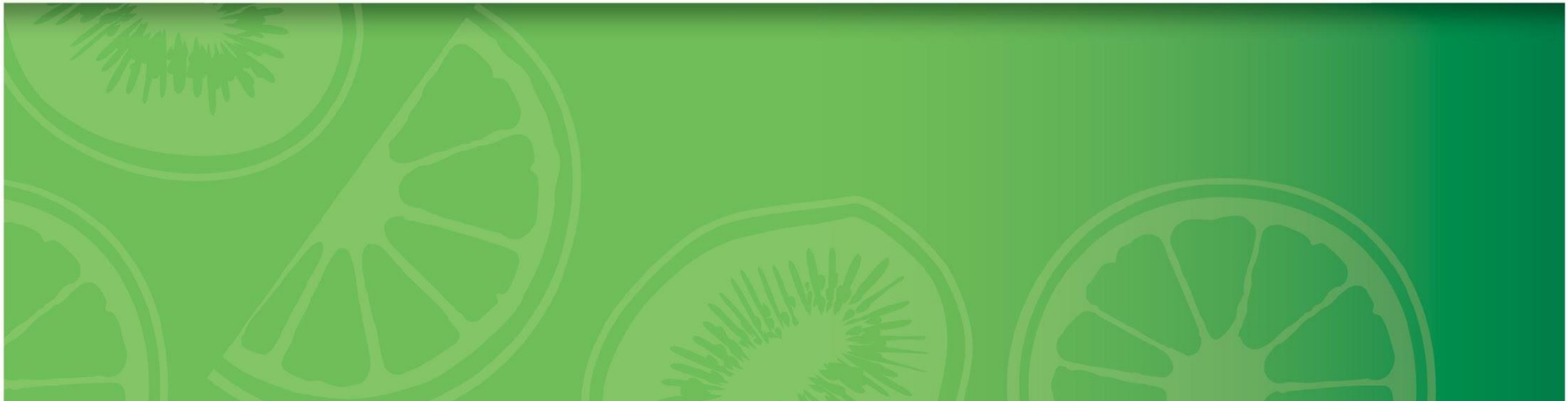
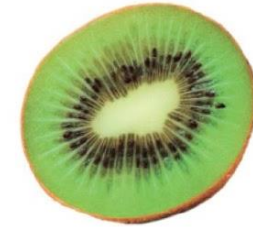


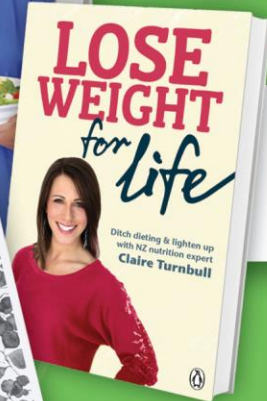
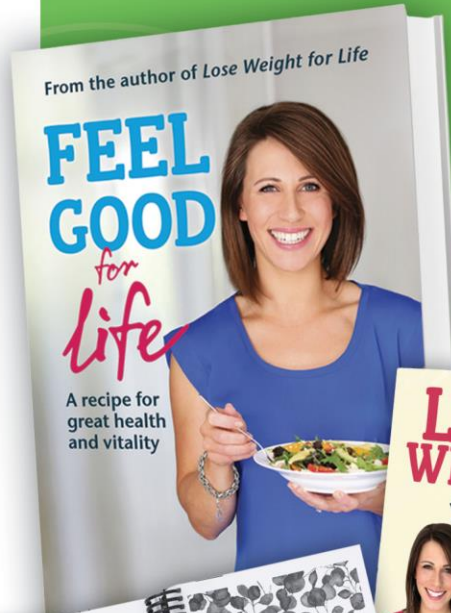


# Energy Injection

# Mission *Nutrition*

Dietitians & Nutritionists





healthyfood GUIDE

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RADIO 99.1FM  
**LIVE**

The background of the slide features a green gradient with faint, stylized illustrations of citrus fruit slices, including kiwi and orange, scattered across the surface.

# The **ENERGY** Injection



How would you like to feel?



# The reality right now?!



# Our goal today



The background of the slide features a green gradient with faint, stylized illustrations of citrus fruit slices, including lemons and limes, scattered across the surface.

What's holding  
you back?



# 1. Is it WHAT you are eating?

- Poor quality/highly processed food
- Lacking variety
- Cutting out food groups
- Nutritional deficiencies



# Do you have deficiencies?

- Iron *1 in 14 women deficient*
- Iodine *60% of us not having enough*
- Selenium *50% women & 32% men deficient*
- Omega 3



# How about energy traps?

Those foods or drinks that we rely on to give us an extra **boost**

- Energy drinks
- Snack bars
- What else?



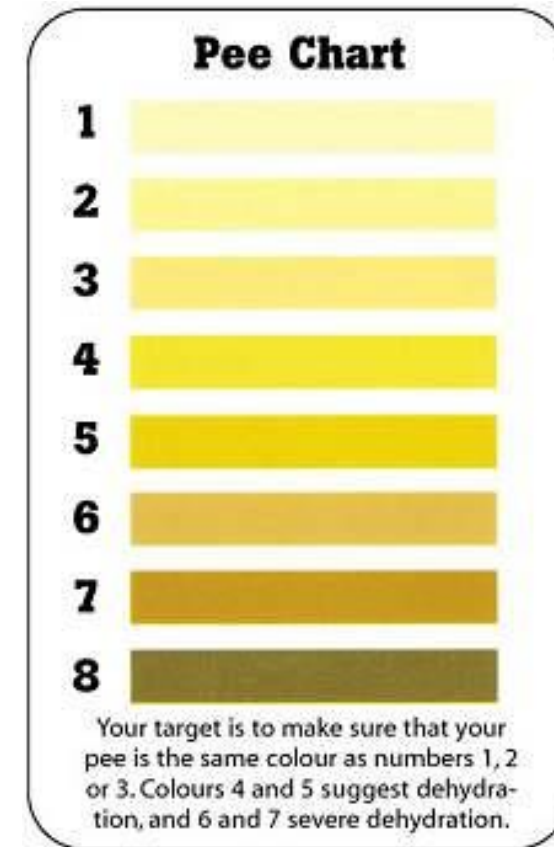
# Smart swaps





## 2. Are you drinking enough?

- How is your pee?
- How to create better drinking habits



### 3. Possibly too reliant on this?



Caffeine is a nervous system stimulant



# How much caffeine?

**400 mg day** – manageable for most adults, less is good

Drink/Food	Caffeine content
Black tea	25-110 mg/250 ml cup
Green tea	14-37mg/250ml cup
Instant coffee	21-120 mg/250 mL cup
Brewed coffee	15 – 254mg/250mls cup



# Caffeine and sleep





# Alcohol has the same impact



**Low alcohol beer  
(with 1% alcohol)**

3 x 330ml bottles: around 480kJ



**Lower carb beer**

3 x 330ml bottles: around 1290kJ



**Regular draught beer**

3 x 330ml bottles: around 1380kJ



**Lager**

3 x 330ml bottles: around 1500kJ



**Double gin & diet tonic**

3 x 200ml glasses: around 1590kJ



**Dark ale**

3 x 330ml bottles: around 1800kJ



**Red wine**

3 x 180ml glasses: around 1950kJ



**White wine**

3 x 180ml glasses: around 1950kJ



**Cider**

3 x 330ml bottles: around 1950kJ



Words: Rose Carr (MSc).

**Double gin  
& standard tonic**

3 x 200ml glasses: around 2200kJ



hfg





## 4. Is the solution food?



# Over to you...

1. Try making REAL FOOD choices
2. Keep hydrated and make healthy drink choices
3. Manage caffeine intake
4. Get outside





Any questions?



# Need personalised advice?

*Check your insurance! You can often claim back part of the cost*

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## NUTRITION CONSULTATIONS

### ADVICE YOU CAN TRUST

Our team of qualified and experienced nutritionists and dietitians led by Healthy Food Guide Nutritionist Claire Turnbull, will ensure you get results by offering personalised advice and solutions specific to your needs and lifestyle.

Got insurance? You might be able to claim part of the cost back too!

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THANK YOU!

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