

THE 3 Ps OF NUTRITION:

PREVENTION, POWER & PERFORMANCE

Christina Menoikou, RD (BSc)
Specialist Registered Dietitian





GET TO KNOW ME

- Registered Clinical Dietitian in Cyprus and UK
- Specialised in Oncology
- Worked in NHS in UK
- Based in Paralimni & Limassol (Listening Space CY)
- & also working for Be Your Best in Surrey, UK (healthy lifestyle intervention programme)

**If prevention had one defining word,
what would it be for you?**

<https://pe.app/cmnoikou>



If **prevention** had one defining word, what would it be for you?

10 0

working out
diagnosis prechecks
active
balance
nutrition
love
happiness
awareness
good sleep
happy
health
early detection
cook in advance
wellbeing
healthy food

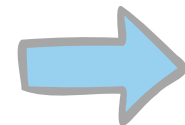
LISTENING TO YOUR BODY

THE QUESTION IS... ARE WE PAYING ATTENTION?

PREVENTION

AWARENESS

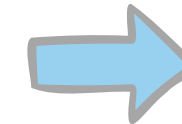
Prevention starts with awareness.
Begins before the disease.



POWER

DAILY HABITS

Food is not just fuel - it is power.
Your daily habits influence your wellbeing
and performance.



PERFORMANCE

SUSTAINABLE PERFORMANCE

Not the kind that leads to burnout.
Sustainable performance depends on both.

**Session
Aim:**

To raise awareness about the power of preventive nutrition and inspire sustainable healthy habits that support performance and overall wellbeing.

TABLE OF CONTENTS

01 PREVENTION

Explore the concept of health. Identify workplace challenges and understand how they may impact long-term health.

02 POWER

Apply simple nutritional strategies to improve energy and focus, reduce stress eating, implement smart hydration and smart snacking at work.

03 PERFORMANCE

Build balanced meals that support sustainable performance. Adopt realistic lifestyle changes using the SMART goal framework

IT'S ALL CONNECTED

Physical activity
Good nutrition

physical health

mental health

social health

WHO definition:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

JOB CHALLENGES AND HEALTH

Sedentary job

Uninterrupted prolonged sitting increases the risk of several chronic diseases

Long-working hours

- Skipping or delaying meals unintentionally (**less fuel**)
- Increased caffeine intake
- Grazing & snacking
- Increased evening or night-time eating (high energy)
- Energy dips → reduced focus & decision-making

Busy schedule

- Irregular meal pattern
- Convenience (ready meals, takeaways)
- Grazing and snacking (high energy)

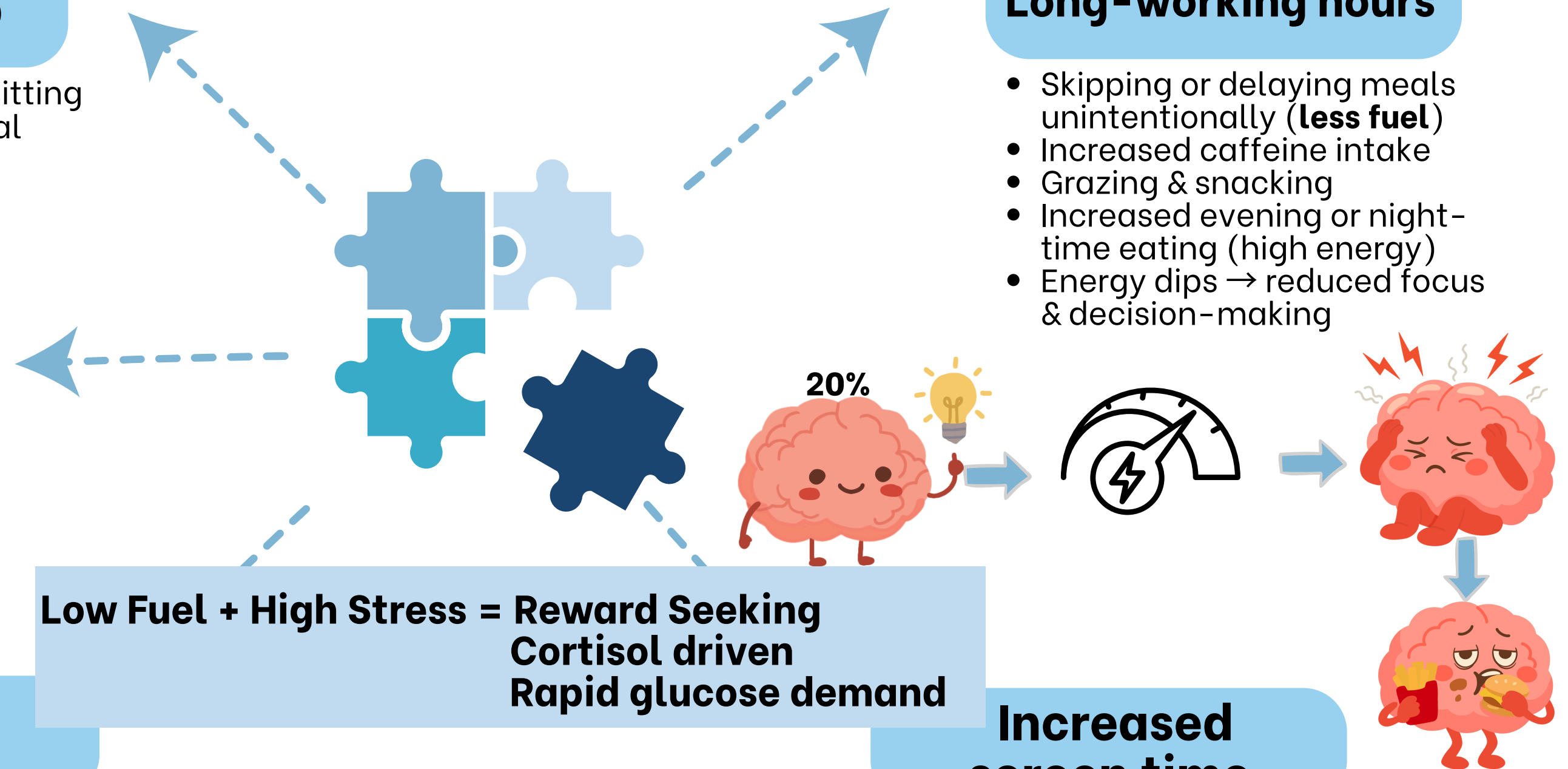
Stress

- Survival mode
- What, when and how much we eat
- Short-term stress (appetite suppression)
- Chronic stress (increased appetite, 'comfort' foods)


Increased screen time

- Mindless eating
- Excess energy consumption and potentially weight gain
- Affects sleep quality

**Low Fuel + High Stress = Reward Seeking
Cortisol driven
Rapid glucose demand**



REFRAMING STRESS EATING



A protective
physiological response
of the body

A signal that energy needs
haven't been met earlier

Amplified result of
skipped meals or
restriction earlier on
in the day

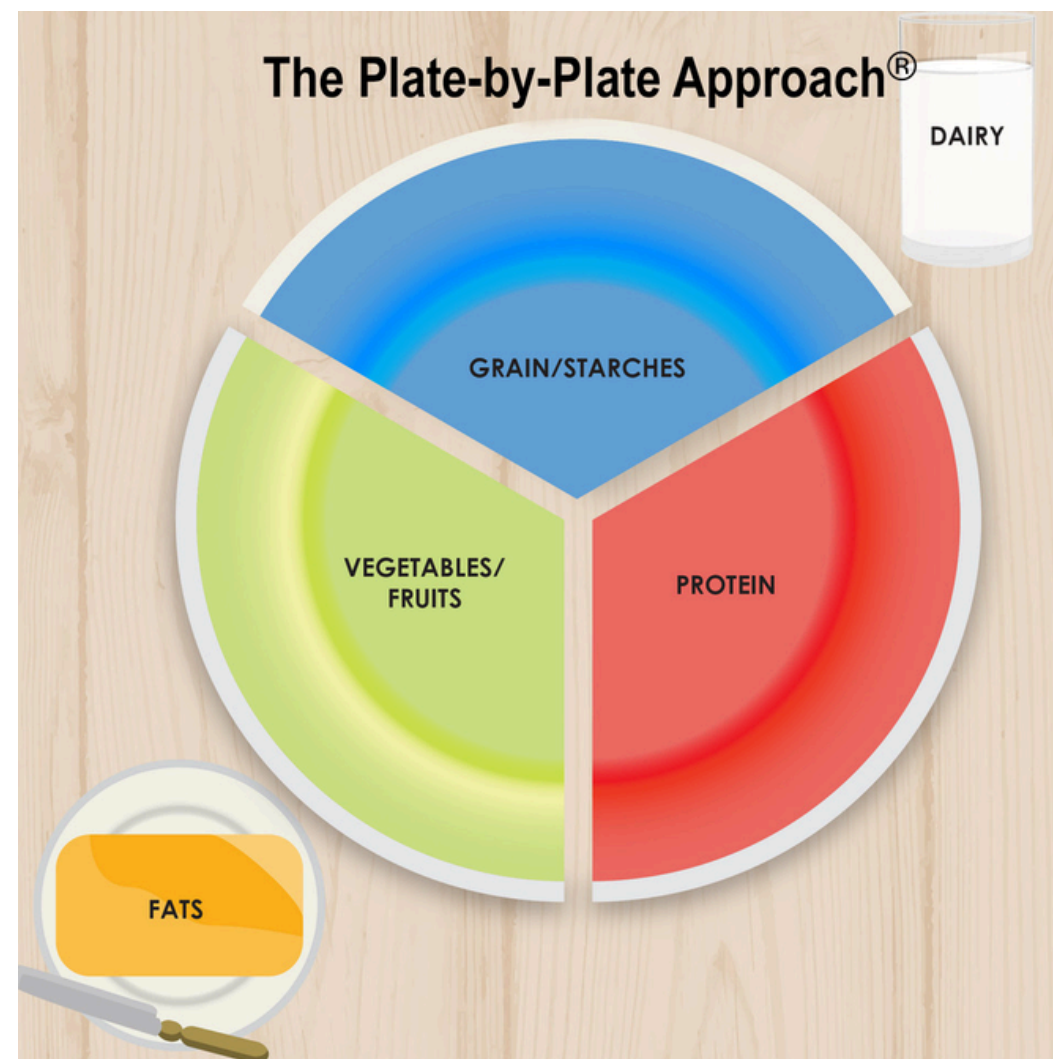
NOT due to lack of
self-control or
willpower

TED Ed How stress affects your body - Sharon Horesh Bergquist **TED Ed** Copy link

HOW **STRESS**
CAN MAKE YOU
SICK

Watch on YouTube

ENERGY AND FOCUS



(Plate-by-Plate Approach <https://www.platebyplateapproach.com/resources>)

» Regular meals (i.e. 3 main meals + 2 snacks)

- Reducing long gaps between meals
- Eating before energy crashes
- Stable energy throughout the day
- Supports concentration

» Balanced meals

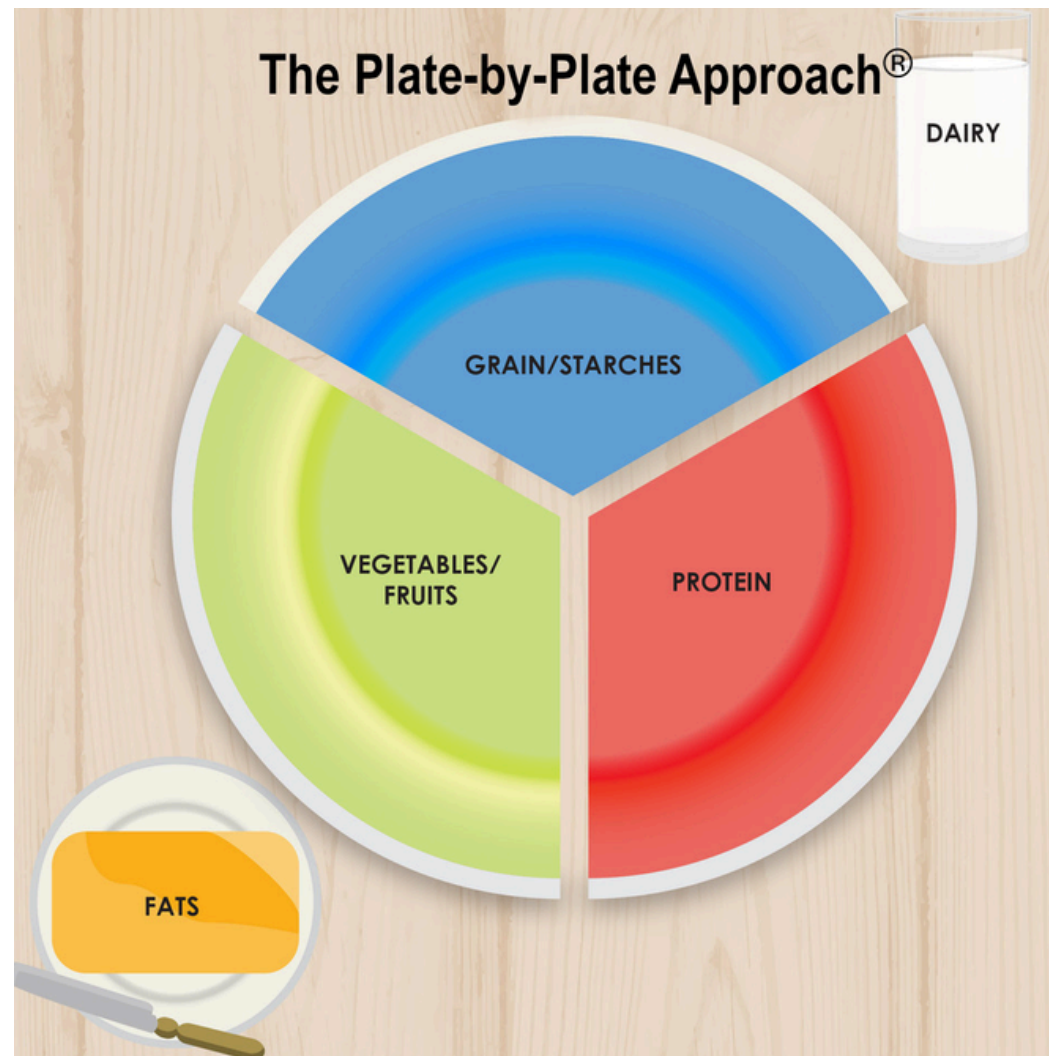
- Meals containing all food groups
- Stable blood sugar levels

» Letting food sometimes be functional (sandwich better than coffee)

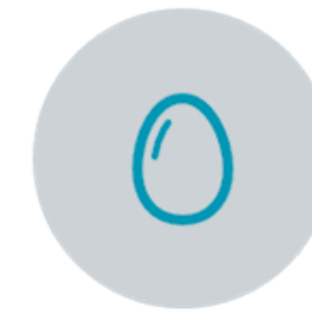
» Letting food sometimes being 'imperfect'

- Not every meal needs to look aesthetic
- OR balanced

BALANCED MEALS



Carbohydrates → our brain's main energy source (glucose)



Protein supports sustained satiety



Fats help contribute to longer-lasting energy



Fibre stabilises blood sugars, improves gut health and increases satiety

SMART SNACKING

Protein packed snacks <100kcal

- 1 small can of tuna in water (72gr) (18gr protein)
- 100gr cottage cheese 2.2% fat (12.7gr protein) with 1 cup celery, chooped
- 150gr fat free strained yoghurt (11.4gr protein)
- 1 cup skimmed milk (8.8gr protein)
- 70gr boiled edamame beans (7.6gr protein)
- 1 large boiled egg (8gr protein)
- 2 plain rice cakes with 1 triangle light cheese (3.4gr protein)
- 15 unsalted almonds (3.1gr protein)
- 1 plain rice cake with 1 tsp peanut butter (3gr protein)

Other snacks

- Fruit + nuts
- Plain greek yoghurt + fruit + nuts/ nut butter
- Toast + peanut butter
- Toast + light cheese
- Crackers + light cheese/ nut butter
- Rice cakes + light cheese/ nut butter
- Dark chocolate + nuts
- Dates + nuts/nut butter
- Homemade energy balls (oats,banana,honey, nuts/seeds)

»» **There is no single food that eliminates stress**

»» **Certain nutrients support stress regulation:**

- **Omega-3 fatty acids** (oily fish, nuts- walnuts, seeds, soya & soya products)
- **Magnesium** (dark leafy greens, nuts, wholegrains, dark chocolate)
- **Vitamin D** (oily fish, fortified cereals, liver & red meat, egg yolks)
- **Vitamin C** (fruits & veg)
- **Fibre** (fruits, veg, wholegrains)
- **Fermented foods** (yoghurt, kimchi etc.)

»» **Adequate sleep**

»» **Hydration**

»» **Stress management**

»» **Breaking long hours of sedentary time**

»» **Movement**

FOUNDATIONS THAT SUPPORT STRESS REGULATION

(and health)

With simple steps, we can keep our energy, mood, and focus stable amidst our busy routines.

To make a meaningful and effective goal, we can use the SMART Goal framework.

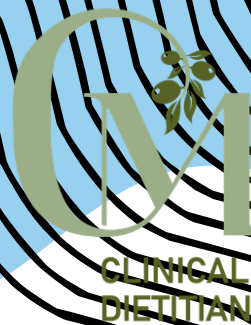
- S** Specific
- M** Measurable
- A** Attainable/Achievable
- R** Relevant
- T** Timely





SUMMARY

- Your body gives you signals especially when you are stressed
- Low fuel affects concentration and decision-making
- Stress eating is often physiological, not a lack of willpower
- Low fuel and high stress trigger reward seeking (comfort foods, high energy foods)
- Regular and balanced meals/snacks support steady energy and focus, stress regulation and wellbeing
- Adequate hydration, sleep and movement are equally important
- Perfection is not required, consistency matters



Christina Menoikou



@cm.dietitian



Christina Menoikou- Registered Clinical Dietitian

Telephone number

+35799 989500

Email

info@cmenoikou.com

Website

www.cmenoikou.com



Paralimni: Griva Digeni 11, 5281



Limassol: 225, Arch. Makariou III Avenue, Oriana Court, 3rd Floor, Office 4

THANK YOU

HAPPY TO ANSWER ANY QUESTIONS.

BIBLIOGRAPHY

- Adam, T. C., & Epel, E. S. (2007). Stress, eating and the reward system. *Physiology & Behavior*, 91(4), 449–458.
<https://doi.org/10.1016/j.physbeh.2007.04.011>
- Arnsten, A. F. T. (2009). Stress signalling pathways that impair prefrontal cortex structure and function. *Nature Reviews Neuroscience*, 10(6), 410–422.
<https://doi.org/10.1038/nrn2648>
- Baic, S. (2023). Workplace health – Opportunities for nutrition professionals. MyNutriWeb.
<https://mynutriweb.com/workplace-health/>
- Boyle, N. B., Lawton, C., Dye, L., et al. (2017). The effects of magnesium supplementation on subjective anxiety and stress: A systematic review. *Nutrients*, 9(5), 429.
<https://doi.org/10.3390/nu9050429>
- Dallman, M. F., Pecoraro, N., Akana, S. F., La Fleur, S. E., Gomez, F., Houshyar, H., Bell, M. E., Bhatnagar, S., Laugero, K. D., & Manalo, S. (2003). Chronic stress and obesity: A new view of “comfort food.” *Proceedings of the National Academy of Sciences*, 100(20), 11696–11701.
<https://doi.org/10.1073/pnas.1934666100>
- Gibson, E. L. (2007). Carbohydrates and mental function: Feeding or impeding the brain? *Nutrition Research Reviews*, 20(1), 69–92.
<https://doi.org/10.1017/S0954422407799888>
- Grosso, G., Pajak, A., Marventano, S., Castellano, S., Galvano, F., & Bucolo, C. (2014). Role of omega-3 fatty acids in the treatment of depressive disorders: A comprehensive meta-analysis. *PLoS ONE*, 9(5), e96905. <https://doi.org/10.1371/journal.pone.0096905>
- Limbana, T., Khan, F., & Eskander, N. (2020). Gut Microbiome and Depression: How Microbes Affect the Way We Think. *Cureus*, 12(8), e9966.
doi:10.7759/cureus.9966
- Moritz, B., Schmitz, A. E., & Rodrigues, A. L. S. (2020). The role of vitamin C in stress-related disorders. *Journal of Nutritional Biochemistry*, 85, 108459. <https://doi.org/10.1016/j.jnutbio.2020.108459>
- Public Health England. (2018). The Eatwell Guide. GOV.UK.
<https://www.gov.uk/government/publications/the-eatwell-guide>
- World Health Organization. (1948). Summary reports on proceedings, minutes and final acts of the International Health Conference held in New York from 19 June to 22 July 1946. World Health Organization. <https://apps.who.int/iris/handle/10665/85573>