



Sipping Smart

THE BUZZ ON COFFEE CONSUMPTION

Coffee, enjoyed hot or cold and brewed from roasted beans, offers more than just great flavor. It contains several key components:

- **Caffeine:** 80–100 mg per 1 cup (8 fl oz) boosts alertness.
- **Antioxidants:** protect cells from damage and reduce inflammation.
- **Key Nutrients:** offer small amounts of potassium, niacin, and magnesium.
- **Water:** contributes to daily fluid needs.

Potential Health Perks

- Moderate coffee intake has been associated with a lower risk of cardiovascular disease, Type 2 diabetes, and Parkinson's disease.
- May enhance focus, alertness, and coordination.
- Can support physical performance, both aerobic endurance and muscular power

Smart Coffee Habits

- **Limit intake** to 3–4 cups per day (~400 mg caffeine).
 - Remember to account for other caffeine sources like tea, soda, and energy drinks.
- **Avoid coffee 6–8 hours before bedtime** to not interfere with sleep quality.



What's in your Cup?

- Choose nonfat, 1% milk, or unsweetened plant-based milk over full fat dairy.
- Skip whipped cream and top with cinnamon or other spices instead.
- Reduce added sugar by choosing unsweetened coffee or opting for half the flavored syrup.
- Watch specialty drinks (mochas, flavored lattes, blended coffees), they can contain meal-level calories with limited nutrition.

- ☐ Added Calories
- ☐ Added sugar
- ☐ Toppings
- ☐ Milk



Know Your Limit

Coffee can cause unwanted symptoms in some individuals, often when there is too much caffeine consumed.

- Gastrointestinal issues
- Shaking, irritability, increased heart rate or blood pressure
- Headaches, fatigue, or low mood
- Difficulty falling or staying asleep



ON-THE-GO NUTRITION

BALANCED EATING FOR A HECTIC SCHEDULE

Eat well on the go to keep your energy and focus steady. Skipping meals or choosing less nutritious options can leave you feeling tired. A little planning helps you stay energized and support your health.

Build Balanced Meals – Include protein, fiber-rich carbs, and healthy fats to stay full, energized, and satisfied.

Prioritize Whole Foods – Choose fruits, vegetables, whole grains, lean proteins, nuts, and seeds.

Watch Portions & Extras – Restaurant portions can be large and extras add calories. Choose smaller portions, save half, and ask for sauces on the side.

Plan Ahead – Keep snacks ready, carry a water bottle, and pack simple options like:

- Salads or grain bowls with protein
- Wraps or sandwiches with lean protein and veggies
- Hard-boiled eggs with whole grain crackers
- Fruit and veggies with hummus or nut butter
- Snack boxes with cheese, nuts, fruit, and crackers
- Overnight oats
- Trail mix



Smart Grab-and-Go Options

Convenience Stores/Gas Stations

- Protein boxes
- Greek yogurt cups
- String cheese
- Fruit, nuts, whole grain bars
- Trail mix
- Tuna packets
- Fresh fruit cups
- Water or flavored seltzer

Coffee Shops

- Oatmeal
- Egg bites or breakfast sandwiches on whole grain bread
- Spinach & egg wrap
- Avoid sugary specialty drinks—choose unsweetened or lightly sweetened instead
- Ask for unsweetened milk
- Try adding cinnamon instead of sugar

Vending Machines

- Nuts & seed packets
- Low-sugar protein bars
- Popcorn
- Whole grain crackers or pretzels
- Baked chips
- Turkey jerky
- Dried fruit
- Low-fat milk
- 100% Fruit juice



Small Changes, **BIG** Benefits

Why Fiber Matters

Dietary fiber is found in plant foods and supports digestion, heart health, stable blood sugar, healthy gut bacteria, and helps you feel full longer. Most people do not get enough fiber, but small changes can make a big difference.

Daily Fiber Goals

WOMEN
~25 grams/day

MEN
~38 grams/day

Fiber All-Star Foods

Fruits — raspberries, pears with skin, apples with skin, bananas, oranges

Vegetables — green peas, broccoli, brussels sprouts, carrots, sweet potatoes with skin

Whole Grains — oatmeal, quinoa, whole wheat bread, brown rice, barley

Legumes — lentils, black beans, chickpeas, kidney beans

Nuts & Seeds — chia seeds, ground flaxseed, almonds, sunflower seeds

Easy Ways to Boost Fiber

- **Choose whole grain** breads, tortillas, and pasta instead of refined grains.
- **Add beans or lentils** to soups, salads, tacos, or pasta dishes.
- **Snack on fruit** with nuts, popcorn, or trail mix.
- **Boost breakfast** with berries, nut butter, chia seeds, or flaxseed.
- **Eat fruits and vegetables with the skin on** when possible.

Go Slow & Hydrate

Increase fiber gradually over 1–2 weeks. Spread fiber throughout the day, drink plenty of water, stay active, and pay attention to how your body feels.



Fill your plate with colorful plant foods, make simple swaps you enjoy, and drink plenty of water.
Let fiber fuel your day!