



NAFMP Driver Series

North American Fatigue
Management Program

Nutrition

March 15, 2023

Go to www.menti.com and use the code 8203 8382

Instructions

Go to

www.menti.com

Enter the code

8203 8382



Or use QR code

Recording & slides will be available by Friday at
nafmp.org/webinars/



Rodolfo Giacoman

Fatigue Management Specialist
Commercial Vehicle Safety Alliance

Rodolfo.Giacoman@CVSA.org

202-998-1830

1. Body Weight
2. Metabolic Syndrome
3. Stress
4. Lethal Dose
5. Nutrition
6. Malnutrition
7. General Recommendations
8. Truck Stop Visit at Restaurants and Fast-Food Shops
9. Supermarket Visit to Pick Up Foods for the Road
10. Questions

Poll: How many meals have you had today?

- None
- One
- Two
- Three
- Having one as I watch this

Reminders, Please



- Consult your medical provider before following any lifestyle recommendations or if you feel any discomfort
- You are responsible for any consequences of following any recommendations provided
- Be aware and try to eliminate the stigma associated sometimes with sleeping, metabolic diseases, substance abuse and mental health
- Do not allow any recommendations cause you to worry or become obsessed with a toxic wellness culture

1. Safety Culture

- Education & Training

2. Fatigue Risk Management System

- Sound Scheduling Practices
- Sleep Disorder Screening & Treatment Program
- Fatigue Management Technologies

Poll: The purpose of diets is to lose weight

- True
- False

Poll: Rank where body weight comes from. Heaviest first, lightest last



- a) Visceral Fat
- b) Muscles
- c) Subcutaneous Fat
- d) Bones
- e) Liquids

Weight loss Is the Wrong Goal



Where Does Body Weight Come From

- Liquids, Bones, Muscles, Subcutaneous Fat, Visceral Fat
- Weight loss is regained in 1-5 years
- May lack essential nutrients and may be harmful
- May take pleasure out of eating
- May lead to eating disorders
- Snake oil is medical quackery
- Goal is to stay healthy, enjoy food and share it with others

Obesity vs Metabolic Syndrome



- U.S. Adults (240 million)
 - 70% Non-Obese (168 million)
 - 60% Healthy (101 million)
 - 40% Metabolic Syndrome (TOFI) (67 million)
 - 30% Obese (72 million)
 - 20% Healthy (14 million)
 - 80% Metabolic Syndrome (58 million)
 - Total healthy: 115 million
 - Total Metabolic Syndrome: 125 million
- Metabolic Syndrome
 - Non-alcoholic fatty liver disease
 - Diabetes
 - Cardiovascular disease
 - Hypertension
 - Lipid abnormalities
 - Polycystic ovarian cancer
 - Dementia

Poll: Which are the two main hormones that drive fat storage?

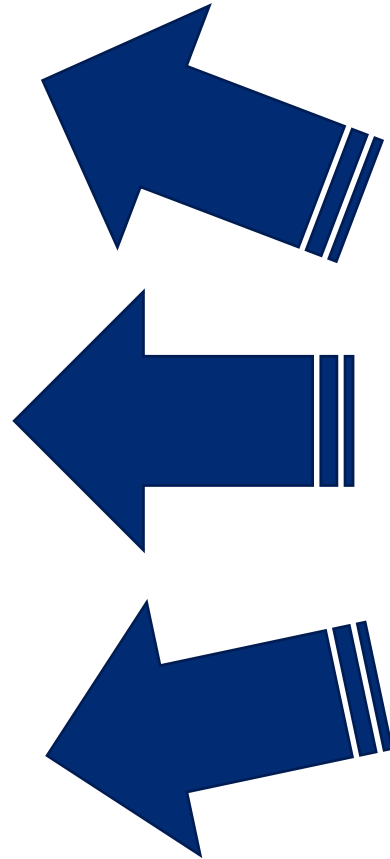


- a) Melatonin and Serotonin
- b) Testosterone and Progesterone
- c) Insulin and Cortisol

Wellness Affects All Body Systems



- Messaging
 - Nervous
 - Endocrine
 - Immune
 - Reproductive
- Plumbing
 - Respiratory
 - Cardiovascular
 - Digestive
 - Urinary
- Support
 - Skeletal
 - Muscular
 - Integumentary



- Sleep
- Positive Relationships
- Positive Behaviors
- Nutrition
- Exercise

Poll: What is a superfood?



- a) Food that helps promote health by increasing your immune function and decreasing your chance of disease prevention or progression
- b) Food that you can solely depend on for all your nutritional needs
- c) A marketing ploy

- Median lethal dose. (2023, February 2). In *Wikipedia*.
https://en.wikipedia.org/wiki/Median_lethal_dose

- Essential Macronutrients
 - Carbs with Fiber (veggies, fruits, legumes, whole grains)
 - Fats except artificial trans fats (fatty fish, nuts, seeds, avocado, milk products)
 - Proteins (fish, seafood, chicken, beef, pork)
 - Water
- Essential Micronutrients
 - Vitamins
 - Minerals
- Nutritious food
 - No ingredients list
 - No nutrition label
 - No health claims

- Ultra processed food
 - Lack of fiber
 - Excess sugar, salt, oils, fats and other additives
 - Engineered to taste good
 - Cheap & convenient
 - Aggressively marketed
 - Addictive
- Liquid candy
 - Soda
 - Juice
 - Any caloric drink
- Toxic to the liver and brain
 - Excess sugar
 - Excess protein
 - Drugs

General Recommendations



- Eat until satisfied; wait 20 minutes for seconds
- Really chew your food, don't swallow it. Breathe.
- Eat when you have the appetite for it – Listen to your body
- Give your liver a break – It's okay to skip a meal
- Try not to eat shortly before going to bed
- Decline to eat a dessert-based diet – Try to eat most nutrients
- Plan your meals for the week – Your liver and wallet will thank you
- Most importantly: **Do not stress or obsess about food**

Truck Stop



- Restaurants
- Fast Food
- Convenience Stores (Mini supermarket)

Full-Service Restaurants



- Breakfast
- Sandwiches
- Salads
- Entrees
- Sides
- Dessert
- Beverages

Poll: Breakfast - Eggs, Any Style



- Two or three eggs
- Meat: Sirloin steak, chicken breast, pork chop, bacon/sausage/ham
- Potatoes
- Gravy
- Bread: Toast, biscuit, English muffin, bagel
- Dessert: Pancakes, waffle, French toast, boxed cereals

Breakfast - Eggs, Any Style



- Two or three eggs
- Meat: Sirloin steak, chicken breast, pork chop, bacon/sausage/ham
- Potatoes
- Gravy
- Bread: Toast, biscuit, English muffin, bagel
- Dessert: Pancakes, waffle, French toast, boxed cereals
- Sliced tomatoes and onions
- Nuts (Almonds, pecans, walnuts, etc.)
- Oatmeal, old fashion or steel cut
- Whole fat, plain yogurt

Breakfast - Three-egg Omelet



- Bacon/Ham/Sausage
- Thinly-sliced beef
- Cheese: cheddar, mozzarella, Swiss, pepper jack
- Onions, Tomatoes, Green peppers, Spinach, Mushrooms
- Potatoes
- Gravy
- Bread: Toast, biscuit, English muffin, bagel
- Dessert: Pancakes, waffle, French toast, boxed cereals
- Same alternatives as previous slide

Poll: Lunch - Sandwiches



- Meat
 - Thinly-sliced beef
 - Fried chicken
 - Ham, turkey, bacon
- Cheese: cheddar, mozzarella, Swiss, pepper jack
- Veggies: Lettuce, tomatoes, onions, mushrooms
- Condiments: Mayo, mustard, ketchup
- Toast, wheat toast, rye, sourdough, lettuce bun
- Peanut butter and Jelly

Lunch - Sandwiches



- Meat
 - Thinly-sliced beef
 - Fried chicken
 - Ham, turkey, bacon
- Cheese: cheddar, mozzarella, Swiss, pepper jack
- Veggies: Lettuce, tomatoes, onions, mushrooms
- Condiments: Mayo, mustard, ketchup
- Half of **Toast, wheat toast, rye, sourdough**, lettuce bun
- Plain peanut butter (or replace with nuts) **and Jelly** (replace with fruit)

Poll: Lunch & Dinner - Salads



- Greens
- Protein
- Cheese
- Vegetables
- Fruits
- Seeds and Nuts
- Dressing
- Croutons

Lunch & Dinner - Salads



- Greens
- Protein
- Cheese
- Vegetables
- Fruits
- Seeds and Nuts
- Dressing on the side
- Croutons

Poll: Dinner - Pasta



- Pasta with
 - Chicken Parmesan
 - Chicken tenders
 - Cheese
 - Ground beef
 - Meatballs

Dinner - Pasta



- Pasta (Have half of it)
 - Chicken Parmesan
 - Chicken tenders
 - Cheese
 - Ground beef
 - Meatballs

Poll: Dinner - Fried Entrees



- Fried Steak
- Fried Chicken
- Stir Fry
- Gravy
- Vegetables
- Rice or pasta

Dinner - Fried Entrees



- Fried Steak
- Fried Chicken
- Stir Fry
- Gravy
- Vegetables
- Rice or pasta

Dinner - Meat



- Steak (Sirloin, Ribeye, T-bone, etc.)
- Fish (Salmon, Cod, Trout)
- Seafood
- Pork Chops
- Chicken

Lunch and Dinner: Sides



- Cauliflower
- Green Beans
- Grilled Onions
- Sliced Tomatoes
- Creamed Spinach
- Asparagus
- Sautéed Mushrooms
- Mixed Vegetables
- Broccoli
- Corn
- Fresh Fruit
- Hash Browns
- French Fries
- Baked Potato
- Potato Casserole
- Gravy
- Mac & Cheese
- Rice
- Soup

- Leave it for infrequent occasions
- Make fruits your go-to dessert
 - Alone
 - With
 - Nuts
 - Plain Whole Yogurt
 - Cheese

Poll: Beverages



- Soft Drinks
- Lemonade
- Fruit Juice
- Hot Chocolate
- Water
- Unsweetened
 - Iced Tea
 - Hot Tea
 - Coffee
- Whole plain milk
 - Regular or lactose free

Beverages



- Soft Drinks
- Lemonade
- Fruit Juice
- Hot Chocolate
- Water
- Unsweetened
 - Iced Tea
 - Hot Tea
 - Coffee
- Whole plain milk
 - Regular or lactose free

Fast Food



- Burger, Hotdog, and Sandwich Shops
- Pizza and Pasta Shops
- Fried Chicken Shops
- Tacos, Burritos, Quesadillas Shops
- Pastries/Donuts Coffee Shops
- Ice-Cream Shops

Burger, Hotdog, and Sandwich Shops



- Add most veggies
- Drop **one side of bread**
- Skip the **fries, chips and other sugary sides**
- Bowls or salad
 - No croutons
 - Dressing on the side

Pizza and Pasta Shops



- Order salad
 - No croutons
 - Dressing on the side
- Accompany salad with a side of pizza/pasta
 - Not vice versa
- Pasta salad

Fried Chicken Shops



- Accompany chicken with
 - Cole slaw
 - Green beans
 - Beans & rice
 - Corn
- Skip
 - Fries
 - Mashed potatoes
 - Mac & cheese
 - Biscuits
 - Gravy
 - Other desserts

Tacos, Burritos, Quesadillas Shops



- Cut at least half of tortilla
- Bowl instead of tortilla
- Black or Pinto Beans and Rice
- Guacamole
- Quesadilla

1. Unsweetened drinks
2. Any seeds
3. Any nuts
4. Any veggies
5. Any fruits
6. Spreads
7. Not so smooth smoothies (keep the fiber): Made with any of those above
8. Any protein
9. Beans
10. Minimally processed cereals

Unsweetened Drinks



- Water
- Sparkling water with lime/lemon
- Coffee
- Tea
- Herbal infusions

Any Seeds



- Pumpkin
- Sunflower
- Cacao nibs
- Flax
- Chia
- Hemp

Any Nuts



- Almonds
- Walnuts
- Pecans
- Cashews
- Pistachios

Any Veggies



- Romaine hearts
- Celery
- Carrots
- Cucumber
- Cherry tomatoes
- Bell peppers

Any Fruits



- Berries
- Apples
- Oranges
- Clementines
- Bananas
- Plums
- Pears
- Pineapple

Spreads



1. Guacamole
2. Hummus
3. Plain yogurt/Greek
4. Plain nut butters
5. Cheese
6. Pesto

Not So Smooth Smoothies



- Keep the Fiber
- Made with any of those mentioned in previous six slides

Any Protein



- Boiled eggs
- Rotisserie chicken
- Ribs
- Lamb/Steak skewers
- Sashimi
- Fish fillet

Beans



- Pinto
- Black
- Kidney
- Edamame
- Chickpeas

Minimally Processed Unsweetened Cereals

- Steel cut oatmeal
- Brown rice
- Barley
- Bulgur
- Plain popcorn

10 Types of Foods for the Road



1. Unsweetened drinks: Water, sparkling water with lime/lemon, coffee, tea, herbal infusions
2. Any seeds: Pumpkin, sunflower, cacao nibs, flax, chia, hemp
3. Any nuts: Almonds, walnuts, pecans, cashews, pistachios
4. Any veggies: Romaine hearts, celery, carrots, cucumber, cherry tomatoes, bell peppers
5. Any fruits: Berries, apples, oranges, clementines, bananas, plums, pears, pineapple
6. Spreads: Guacamole, hummus, plain yogurt/Greek, plain nut butters, cheese, pesto
7. Not so smooth smoothies (keep the fiber): Made with any of those above
8. Any protein: Boiled eggs, rotisserie chicken, ribs, lamb/steak skewers, sashimi, fish fillet
9. Beans: Pinto, black, kidney, edamame, chickpeas
10. Minimally processed cereals: Steel cut oatmeal, barley, bulgur, brown rice, plain popcorn

Stay Away From These Sections



- Protein Bars
- Candy
- Desserts
- Ice Cream
- Soda
- Chips
- Cookies
- Breads
- Boxed Cereals
- Alcohol

Questions (1 of 4)



- Can the body absorb more nutrition eating 6 smaller meals a day vs the usual 3 (Breakfast/Lunch/Dinner)?
- Does timing matter when eating some foods/food groups?
- Some drivers snack due to boredom – it gives them something to do to break the monotony of driving. What are some healthy snack options that drivers can dig into, take a longer time to consume, and fill them up as well?
- What eating habits/foods would assist night shift drivers who must operate during the low points of their circadian rhythm?
- What do you recommend for team drivers?
- Can you please discuss the importance of staying hydrated and how much water, etc., a driver should strive to consume hourly?

Questions (2 of 4)



- What is a good food choice when eating at the fast-food restaurant at the truck stop?
- A common complaint of drivers is that there is mostly just fast food available while they are on the road. How can drivers eat healthfully from the offerings of the major fast-food restaurants? Can you give some good examples?
- How does excessive fullness or overeating affect drivers' metabolisms and ability to manage fatigue while on the road?
- Can you pack food for a week's worth?
- Options for drivers out for a month or more?

Questions (3 of 4)



- Work long hours plowing. Looking for healthy foods to eat while on the go. And foods that may help with energy for long hours.
- Maintaining energy levels on road?
- Best foods for OTR?
- Maybe some meals for long distances that can be prepared at home and brought on the road?
- What can we do to encourage the comeback of the traditional sit down and have truckers eat at restaurants serving healthy foods?
- How can loved ones and family members support our truckers healthy living commitment?

Questions (4 of 4)



- What best food to eat to lower your blood pressure?
- Diabetic options?
- What piece of equipment is most helpful to have for the drivers to make meals or food on the road?
- Are there certain truck stops that offer healthier items?
- Why have restaurant hours changed since the pandemic?
- What are the sources and where does the funding for those sources come from?

Selected References



- [North American Fatigue Management Program](#)
- [Scientific Report](#) of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture & the Secretary of Health and Human Services
- Robert Lustig, MD, MSL. 2021. Metabolical; The Lure and the Lies of Processed Food, Nutrition and Modern Medicine
- Aaron Carroll, MD. 2017. The Bad Food Bible; How and Why to Eat Sinfully
- Sandra Aamodt, Ph.D. 2016. Why Diets Make Us Fat; The Unintended Consequences of Our Obsession with Weight Loss

Next Steps



1. Create an account at lms.nafmp.org to watch any NAFMP courses
2. Download PowerPoint Files at nafmp.org
3. Watch recordings of previous [NAFMP webinars](#)

Any Other Questions?



Thank you!

Go to www.menti.com and use the code 8203 8382

Instructions

Go to

www.menti.com

Enter the code

8203 8382



Or use QR code

Information Session – Fatigue Risk Management Systems

CVSA Workshop, Memphis Tennessee

Renasant Convention Center, Ballroom C, Level 2

A fatigue risk management system (FRMS) is where fatigue management happens. Learn how your organization may identify fatigue hazards with predictive, proactive and reactive processes. Then, get a plan for your organization on what to do about those fatigue hazards with the procedures outlined by the North American Fatigue Management Program.

[Check out the CVSA Workshop Schedule and Register](#)

Please complete anonymous survey on this session at the end of the webinar

The image features a large, white, stylized logo for the Commercial Vehicle Safety Alliance (CVSA) centered over a blue-tinted photograph. The photograph shows the front of a white Peterbilt truck with a 'HEIL' sign on the roof and a 'Peterbilt' logo on the grille. Two police officers in dark uniforms are standing to the right of the truck, one looking at a clipboard. The background consists of trees and a clear sky.

CVSA®