



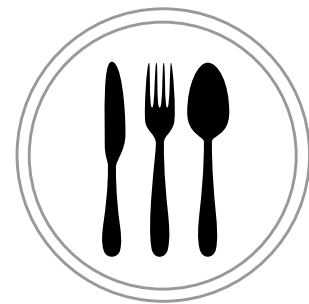
# Toolbox Talk

*BUILT TO LAST*

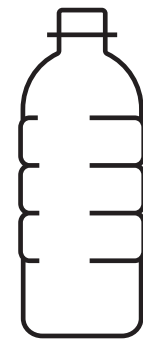
**February 19, 2026**  
**Niki Strealay, RDN, LD, CSDH**  
**Registered Dietitian Nutritionist**

# Nutrition & Hydration

## Why Are They Important?



General Nutrition Overview

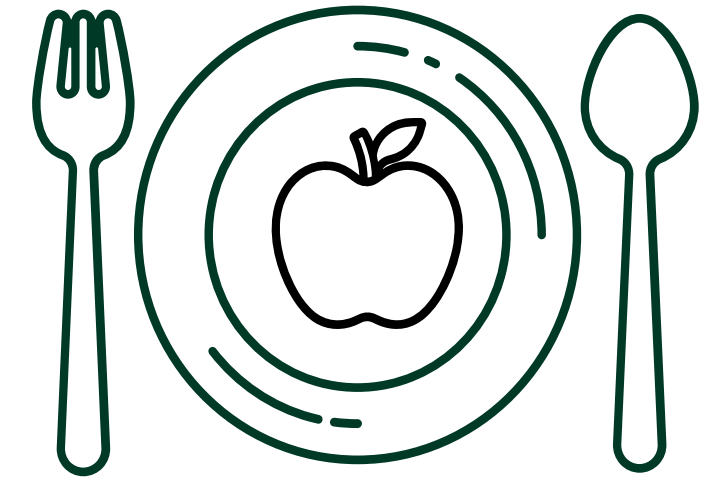


Hydration

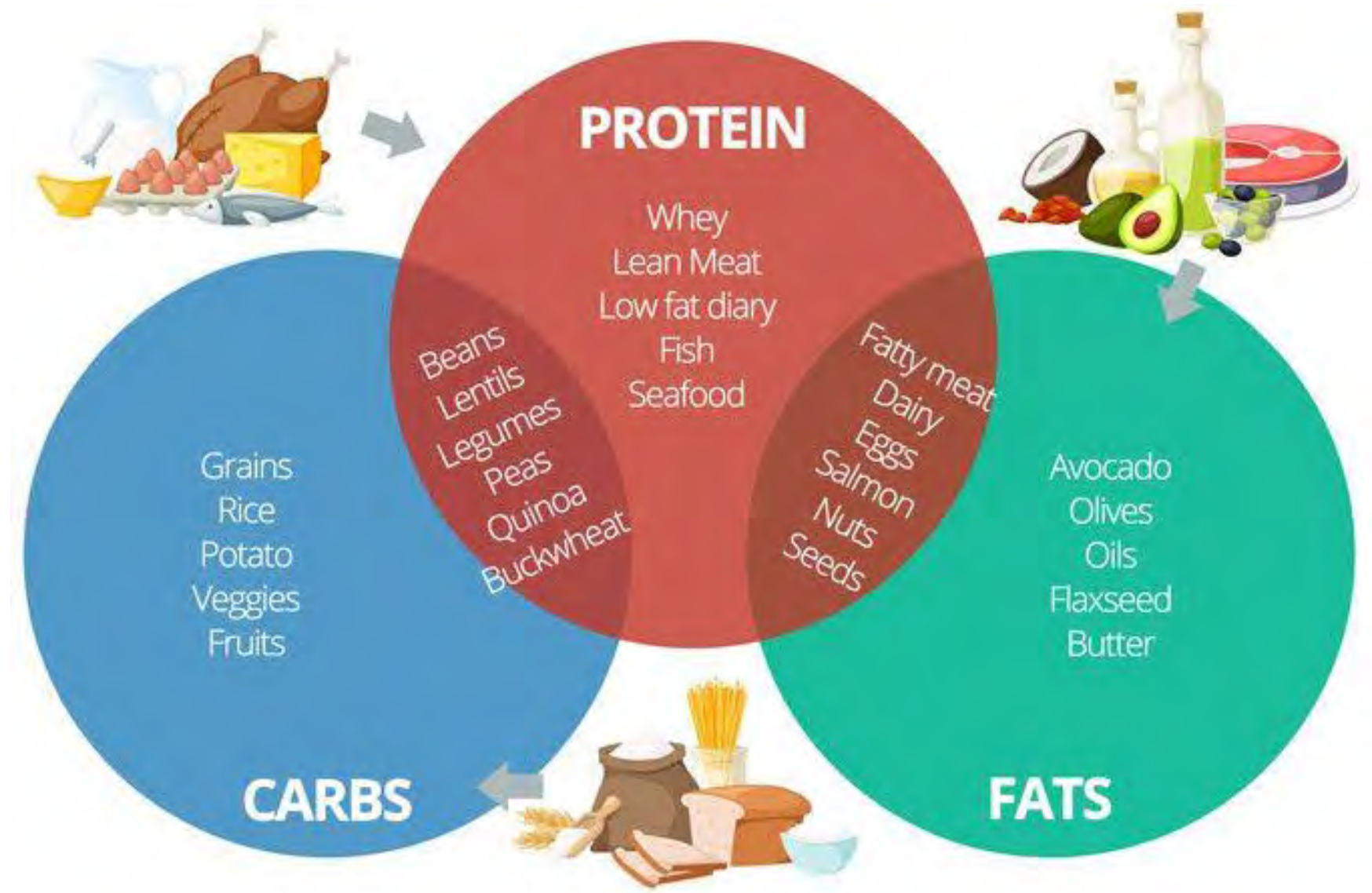


**How often do you  
consider your own  
nutrition?**

# Nutrition Overview



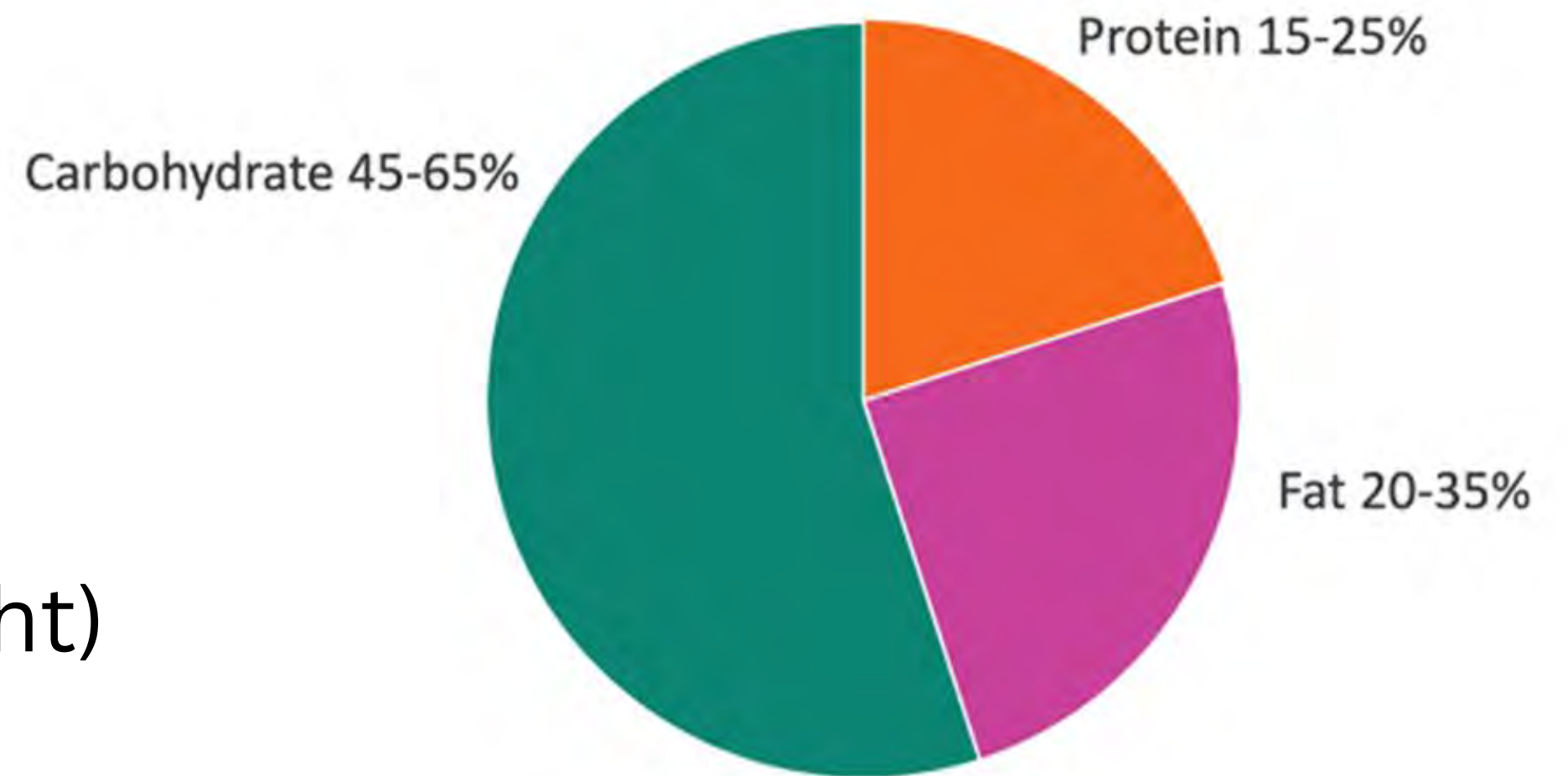
- Macros- Carbohydrates, Fats, Proteins
- Plus fiber, water, and micronutrients (vitamins, minerals)



# Nutrition Overview

Nutrient needs depend on:

- Age
- Gender
- Genetics/metabolism
- Work/activity level
- Goals (lose or gain weight)



# Daily Goals

- Plan meals for the week
- Prep ahead when possible
- Start the day with breakfast

**Goal is 20+ grams protein at breakfast**

## *GRAB & GO:*

- Protein shake
- Cottage cheese and fruit
- Yogurt with granola on top
- Hard boiled egg and protein bar

- Do not skip meals
- Pack lunch from home
- Eat out less
- Fresh food, less processed

## *MORE PLANTS!*

- Fruits and veggies
- Nuts and seeds
- Whole grains

**Coffee is not breakfast!**



# Convenience Store



## Healthier Choices

- Protein bar
- Meat & cheese pack
- String cheese
- Yogurt
- Protein shake
- Nuts
- Fresh fruit/fruit cups
- Beef jerky
- Pretzels
- Hard boiled eggs
- Hummus & crackers
- Soup
- Milk/Fairlife



## Limit or Avoid

- Corn dog or hot dog
- Anything fried (chicken tenders, fries)
- Pre-made sandwiches and subs
- Burgers
- Cereal
- Pastries
- Donuts
- Candy/cookies
- Candy bars
- Chips
- Slushies
- Soda
- Energy drinks

# Hydration



# Water

- 60-70% of body weight
- Promotes digestion and nutrient absorption
- Carries nutrients and oxygen to cells
- Assists in removing waste from the body
- Maintains blood circulation
- Regulates body temperature through skin



# Ways We Lose Body Fluids



- Sweat
  - Any strenuous work/exercise
  - Low to moderate work/exercise > 60 minutes
  - Working in a hot environment/heat stress
- Breathing
- Stool (poop)
- Drinking too much alcohol and/or caffeine (i.e. coffee or energy drinks)

# Symptoms of Dehydration



- Thirst
- Dry mouth
- Decreased urine output
- Dark colored urine
- High heart rate
- Headache
- Decreased physical performance (after 2% loss of body water)
- Decreased mental performance
- Difficulty concentrating
- Sleepiness
- “Limp dishrag”

# Other Factors to Consider in Hydration

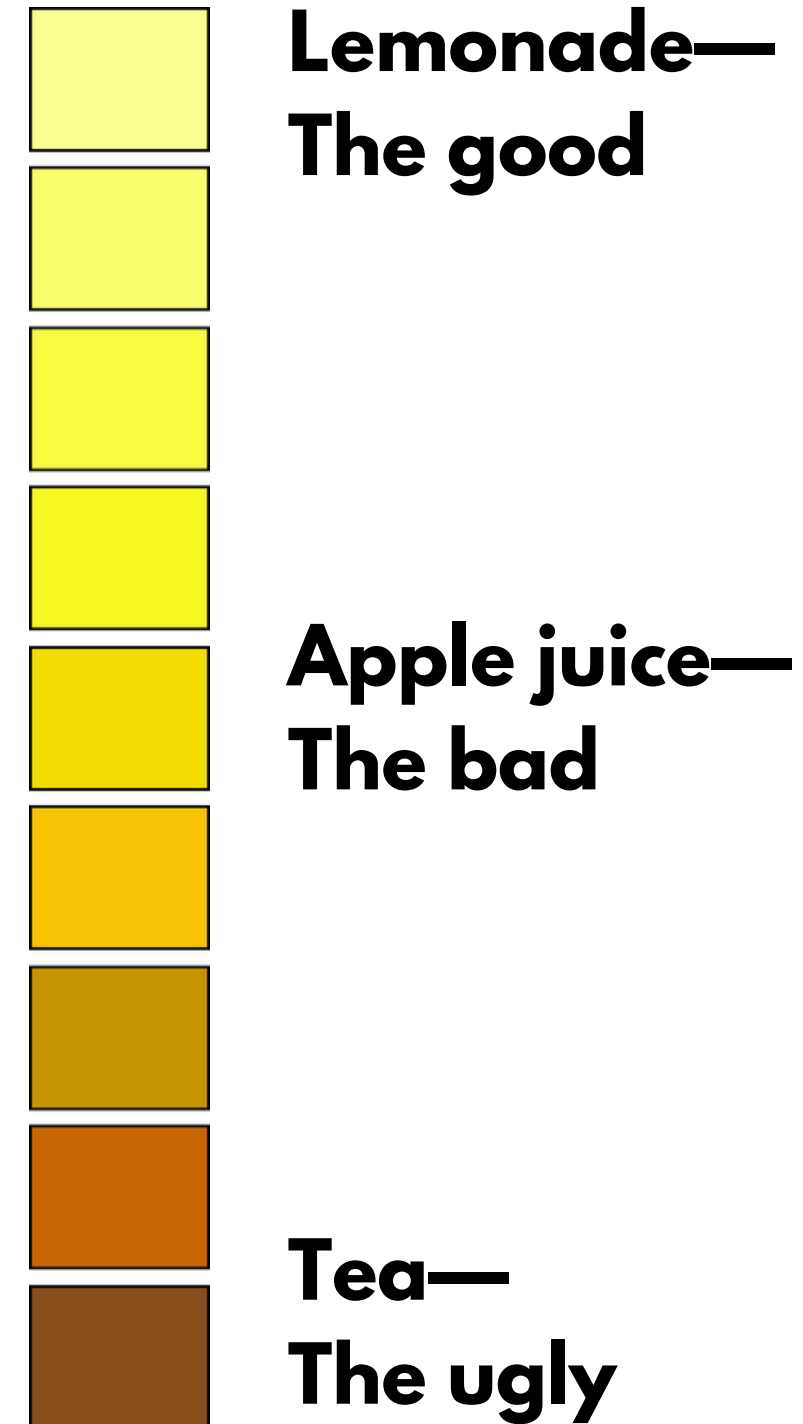
- Working at elevation (increases fluid loss)
- Age >65
- Medications (i.e. diuretics for high blood pressure)
- Poor ventilation (no evaporation)
- Using personal protective equipment (PPE)
- Other health conditions (i.e. irritable bowel syndrome)

# Adjusting to Hot Temps

- The body adjusts to higher temperatures through acclimatization

# Urine Test for Hydration

- Drink liquids before work or exercise
- Drink enough so urine is pale yellow
- If you feel thirsty, you are likely already dehydrated
- Always drink when thirsty, but don't rely on thirst alone
- In a hot environment, replace fluids frequently



# Daily Goals



## Minimum fluid needs:

Weight in pounds, divide in half:

- 220 lb/2 = 110 oz per day  
(3+ large Gatorades)
- 150 lb/2 = 75 oz per day  
(2+ large Gatorades)

**Extra fluid** is needed to make up for sweat losses, depending on...

- How long you are working
- In what conditions (elevation, high temps)

Roughly 8 oz every 15-20 minutes, but you may need more or less

# Importance of Electrolytes

- Working in hot weather demands more electrolytes (sodium and potassium)
- Drinking too much water without electrolytes can cause dangerously low blood sodium called **hyponatremia**

## **Symptoms of hyponatremia (low blood sodium):**

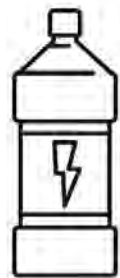
- Severe headaches
- Diarrhea
- Nausea
- Convulsions
- Death

# Replacing Electrolytes

**Choose a hydration beverage that includes:**

sodium + potassium + glucose  
(or other type of sugar)

- ✓ Sugar helps sodium and potassium get into the body faster



**Electrolyte drinks hydrate better and faster than water alone**

**Other options:**

- Eating salty snacks like pretzels + fruit + water
- Eating a regular meal

# Electrolyte Beverages

## Good

- Gatorade
- Powerade
- Coconut Water

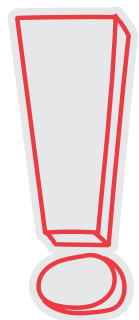


## Better

- Gatorlyte
- Liquid IV
- Electrolit

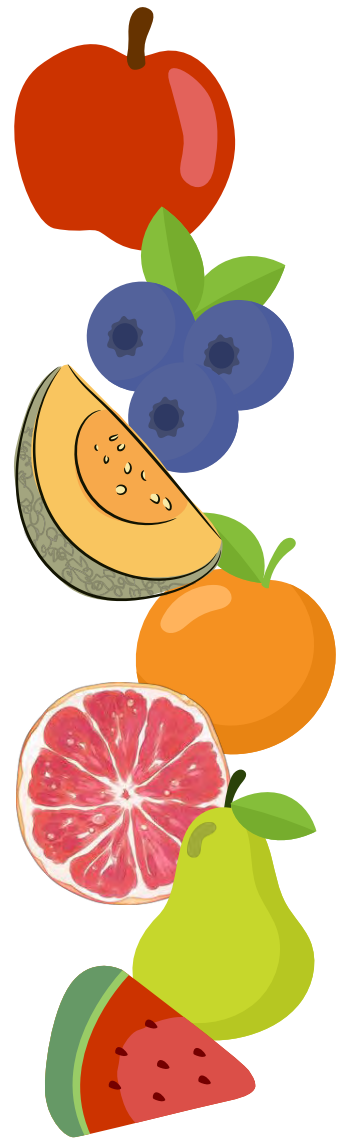


Note: I'm not a huge fan of LMNT. It does not contain sugar or glucose, so fewer electrolytes are absorbed



**Alcohol (beer, mixed drinks, wine, etc.) and Energy Drinks (Celsius, Red Bull etc.) are NOT recommended for rehydration**

# Fruits & Veggies That Hydrate



- Apples
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Oranges
- Peaches
- Pears
- Strawberries
- Watermelon



- Broccoli
- Cabbage
- Carrots
- Celery
- Cucumbers
- Lettuce
- Radishes
- Spinach
- Tomatoes

**Don't forget  
soup!**



# Summary

- Be committed choosing healthy foods to fuel your body
- Drinking adequate fluid each day is important for mental and physical performance
- Working in a hot environment or at high effort for extended periods (>60 min) = need for electrolytes
- [OSHA Heat Illness Prevention](#)
- [OSHA Hydration Fact Sheet](#) (for reference)

**Thank you!**

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