PROJECT VETSPAN

The Durable Vet: Fuel Up Fast

Smart Snacks for Veterinary Professionals

Many veterinary professionals are not just overworked.
They are under-fueled while trying to perform at a high level for long hours.

Unpredictable breaks. Stress eating. Skipped meals. Sugar crashes.
Over time, this creates more than hunger.

It contributes to:

- fatigue
- brain fog
- irritability
- reduced recovery
- **poorer decision-making**
- decreased resilience during already demanding workdays

The goal is not eating perfectly.
The goal is creating steadier energy and better durability during the actual workday.

1. WHY SNACKS MATTER IN VETERINARY MEDICINE

The Problem
Many veterinary professionals go too long without protein, hydration, or stable energy intake — then rely on quick sugar and caffeine to push through.

That often creates:
energy spike → crash → more caffeine → more fatigue.

The Better Approach
Small, strategically chosen snacks can help stabilize energy, improve focus, and reduce the "survival mode" feeling many veterinary professionals experience during long shifts.

The most effective snacks usually combine:
✓ Protein
✓ Fiber
✓ Healthy fats

This slows digestion, supports steadier blood sugar, and helps improve satiety and focus.

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2. BUILD A "CLINIC SURVIVAL KIT"

You do not need a perfect nutrition plan.
You need better default options available during busy days.

Do This Tonight:
☑ Choose 1 protein option
☑ Choose 1 fruit or vegetable
☑ Choose 1 portable snack
☑ Put them in your clinic bag, locker, or fridge tonight

The easier healthy options are to access, the more likely you are to use them during stressful workdays.

3. SMART SNACK OPTIONS (PRACTICAL + DURABLE)

🥜 Nuts & Seeds
- Almonds, cashews, mixed nuts
- Pumpkin seeds
- Trail mix with minimal added sugar

Why it works:
Healthy fats + protein = slower digestion and steadier energy.

🥛 Protein & Dairy
- Greek yogurt
- String cheese
- Protein shakes (aim for ≥20g protein, lower sugar)
- Cottage cheese cups

Why it works:
Protein supports satiety, lean muscle preservation, and more stable energy.

🍎 Fruits & Vegetables (Pair Them)
- Apple + string cheese
- Baby carrots + hummus
- Banana + peanut butter packet
- Berries + Greek yogurt

Why it works:
Fiber helps slow sugar absorption and reduce energy crashes.

🌯 Portable Protein
- Hard-boiled eggs
- Turkey or beef jerky (lower sodium if possible)
- Roasted chickpeas
- Tuna packets

Why it works:
Portable protein helps improve satiety and maintain steadier energy during long stretches between meals.

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🍫 Snack Bars (Choose Carefully)
Look for:
✔ ≥10g protein
✔ <8g sugar
✔ ≥3g fiber

Why it works:
Balanced snacks help avoid the sharp rise-and-crash cycle many break room snacks create.

4. QUICK CLINIC STRATEGIES

Hydrate First
Fatigue is often worsened by mild dehydration.
Try drinking water before automatically reaching for caffeine or sugar.

Improve the "Default Environment"
If the break room only contains candy and pastries, those become the easiest choices during stressful moments.
Even adding:
- nuts
- fruit
- protein bars
- Greek yogurt

can improve daily decision-making and energy consistency.

Stop Waiting for the "Perfect Meal"
Many veterinary professionals unintentionally under-fuel because they are waiting for a proper lunch break that never fully happens.
Small, intentional fueling throughout the day is often more realistic and more sustainable.

5. KEY TAKEAWAY

Better fueling will not eliminate stress in veterinary medicine.
But it can improve:
- energy stability, recovery, focus, resilience, end-of-day fatigue

Small daily decisions repeated consistently matter more than occasional perfect days.

FINAL THOUGHT
Veterinary professionals are often expected to perform at a high level for long hours while under significant physical and emotional demand.
That requires more than motivation.
It requires better systems that support durability during the actual workday.
Project Vetspan is here to support you.