

Beating Mid-Day Fatigue with Natural Energy Boosting Foods

Foods that drop energy levels:

- Breakfast foods: sugary cereals, muffins, donuts, pastries
- Fried and fast foods
- Processed grains
 - White rice, white pasta, white bread
- Energy drinks



Foods that boost energy levels:

- Breakfast foods: eggs, greek yogurt, oatmeal, whole grain bread with peanut butter or avocado
- Snacks:
 - Nuts, nut butter spreads, string cheese, hummus
 - Whole-grain crackers, whole-grain pretzels
 - Bananas, apple, fresh fruit
- Drinks:
 - Green tea, coffee



Building Energy-Boosting Meals and Snacks

- Carbohydrates, protein, fat
 - 50% fruits and vegetables, 25% protein, 25% grains

Limit:	Replace with:
Packaged cookies/snacks	Pretzels and hummus, salted mixed nuts
Trail mix	Fresh fruit, handful of mixed nuts
Dried fruit	Fresh fruit

Overall Energy-Boosting Tips

1. Eat a healthy well-balanced breakfast to sustain energy throughout the day.
2. Limit sugary-drinks, sweets and desserts.
3. Snack smart!
4. Portion sizing - consume smaller and more frequent meals.
5. Stay hydrated!