



EATING FOR ENERGY

What you eat affects how you feel, and how you feel effects what you eat. Unfortunately, most of us are more conscious about the type of fuel we put in our cars versus the type of fuel we give our bodies. Just by making a few small changes in our diets, we can increase our energy and vitality throughout the day! Read on to learn about eating for energy!

Eat foods that are nutrient dense. Think about quality versus quantity. Eat foods that offer you vitamins, minerals, fiber, protein and healthy fats. Eating a variety of foods can help you meet all your nutrient needs. Incorporate fruits, vegetables and whole grains into your diets daily!

Plan your meals. Meal planning can help you to balance your plate with all the macronutrients—protein, fat and carbohydrates. If meals are not balanced, the end result typically results in poor satisfaction, lack of energy and potential binge eating at your next meal.

Choose the right fats. Cut back on saturated and trans fats for energy and heart health! Fats are the most nutrient dense and take the longest to digest. Choose most often mono and polyunsaturated fats as well as omega-3 fats. Eating omega-3 fats from fish oil like salmon, mackerel, tuna and sardines has been linked to minimizing symptoms of depression, arthritis and inflammatory diseases.

Cut back on portions. Large portions can lead to fatigue and lethargy after meals. Be mindful of your portions and aim for 3 regular meals and small snacks rather than 2 large meals.

Exercise. You can't separate living well from moving often. Exercise releases endorphins, or "feel good" hormones, that work immediately giving us feelings of pleasure. Exercise is can help us feel alert and has been shown to aid in the treatment of insomnia.

Eat regular meals. Eating regularly helps to keep your metabolism in check. Skipping meals can decrease your metabolism, cause fatigue and encourage overeating. Try to eat every few hours and do not go more than 6 hours without eating to help boost your metabolism and energy levels!

Cut back on sugar. Eating too much sugar like soda, candy and ice cream can cause sudden bursts of energy followed by drops in blood sugars, leading to fatigue. Incorporate unrefined whole grains and foods, such as whole grain bread, brown rice, fruit and vegetables for more sustained energy.

Eat Breakfast. Start your day off with a well rounded breakfast for energy! People who eat breakfast tend to have an easier time with weight management. Eating breakfast starts your day off right and helps your to feel energetic all day long!

