

# Nutrition Tips for Energy.

**Often, we can find that energy levels are suffering as we find our lives becoming busier and busier. Lack of energy can leave you feeling drained and fatigued.**

A healthy diet and lifestyle is key to boosting your energy levels. Prioritise your health and make simple changes to feel your best. Follow these top tips from registered dietician Sally Campbell for better mood and energy levels today:

**Plan and prepare meals.** When it comes to boosting energy levels, the most important thing is to plan and prepare. This means scheduling in when you will cook your food for the week, when will you fit in your workouts, when will you do your weekly shop? Often due to how busy we all are, lack of planning leads to reaching for fast and convenience food and skipping workouts. If you are not eating a healthy balanced diet and exercising regularly, it will be difficult if not impossible to optimise your energy levels. Prioritise planning your healthy lifestyle and you will soon see your energy levels soar.

**Eat regularly.** Food is fuel. Just like you would put petrol in a car as it starts to run empty, it is important to keep re-fuelling your body. Leaving hours between meals can see you running on empty and eventually craving sugary foods to give you an energy boost. To avoid this, aim to eat regularly leaving no more than 3-4 hours between meals. Not only will this give you a constant supply of energy but it will also prevent you from becoming ravenous and ultimately losing control over your food choice.





**Cut down on sugar.** As sugar is so easy to digest it gives your body access to a quick supply of energy. It is used up within 1-2 hours and often you “crash” on your way back down from your sugar high. When you crash, you may feel irritable, have headaches, feel tired and craving sugar. This is a nasty cycle to fall into as your body feels as though the only way to feel good and energetic again is to eat sugar. This kind of cycle can lead to cycles of energy Vs irritability. Cut the sugar out of your diet and you will eventually notice your energy levels soaring. It may take a few days to readjust but it will be worth it.

**Fruits and veggies.** These powerhouses of nutrients will often be lacking in the diet. We have all heard of the many reasons why fruits and veggies are needed in the diet and yet often we fail to get our minimum of 5 a day. Literally packed with vitamins, minerals, antioxidants and phytonutrients, increasing your portions of fruit and veg in the diet will benefit your energy as you may be deficient in some nutrients if you regularly fail to get your 5 a day. Start increasing your intake today- have salads, soups, smoothies, snack on fruit, add fruit to cereals. Before you know it, you will feel like a new person.

**Watch your alcohol intake.** Did you know that alcohol is a depressant? It can lower your mood and cause you to reach for high fat/high sugar foods for some comfort. Alcohol also lowers blood sugar levels. What happens when your blood sugar levels are low? You will crave sugar. Overall drinking too much alcohol will lower your energy levels, increase your waist line and it is detrimental to your health. Reduce your alcohol intake to recommended ranges if you would like to improve your energy levels.

**Get active.** Exercise is a key ingredient when it comes to boosting energy levels. Exercise, even when you are tired, will give you an energy boost. Exercise wakes the body up, helps to transport oxygen around the body and improves our overall health. The next time you feel exhausted, head out for a brisk walk and this may be exactly what you need to bring you back to life.

**Caffeine.** Why do we turn to tea and coffee for a caffeine kick? Because it gives us energy. Caffeine is not detrimental in the diet in fact it is perfectly ok if it is not abused. Healthy adults can have up to 400mg caffeine per day. The problem is when you have more than this you may start to experience heart palpitations, irritability, issues sleeping and more. Try to keep your caffeine intake to moderate amounts and it can be enjoyed as part of a healthy, balanced diet. Replace some of your caffeinated drinks with water. Rehydrating your body will be one of the most effective ways to boost your energy levels.

