

Serene Serendipity

Health, Wellness, Lifestyle, Bliss

The key to eating for energy is to understand the difference between simple and complex carbohydrates. Complex carbohydrates are like time-release capsules — the energy boost they provide is slowed down by a natural “capsule” of fiber. Simple carbohydrates, on the other hand, are absorbed directly from your stomach into your bloodstream. They are found in naturally occurring foods like fruit juices and honey and in processed foods where the fiber capsule has been removed.

How To Eat For Energy

1. **Eliminate Or Reduce Sugar and White Flour.** Muffins, cookies, fruit juices, white bread and white pasta contain refined sugars and simple carbohydrates that wreak havoc on blood sugar. That leads to low energy. Replace them with protein and complex carbs like veggies.
2. **Eat Protein For Breakfast & Lunch.** Meat, eggs, fish, poultry, nuts and seeds give you the energy you need to get things done. Put walnuts and butter on your oatmeal, not maple syrup and raisins. For afternoon energy, eat a low-carbohydrate, high-protein lunch like stir fried chicken with broccoli or a chicken breast with cooked green beans. Avoid pasta-only meals.
3. **Eat Your Greens.** Cooked spinach, broccoli, kale, collard greens, mustard greens, chard, bok choy, beet greens, Chinese broccoli are all energy boosters, with chlorophyll, magnesium and B vitamins. Vary them!
4. **Eat raw food every day** – Half of your fruity/vegetable daily intake should be raw. Eat the skin. Look for fruits and vegetables with the skin on them for high-fiber energy.
5. **Get colorful.** An array of colorful fruits and vegetables will offer many vitamins and minerals, and help boost your energy.
6. **Choose carbs carefully.** Smart complex carbohydrate options include legumes, beans, and root vegetables.
7. **Get your fix of fiber.** Fiber is the indigestible part of many foods, but high-fiber foods can provide a lot of energy because they slow the breakdown of sugar.
8. **Try antioxidants.** Antioxidants such as vitamin C and vitamin E may also help increase energy. They can be found in fruits, vegetables, beans, green tea, and brown rice. Antioxidants are important for energy because they fight free radicals and keep your cells healthy
9. **Drink Enough Water.** The amount you need varies by person. Signs you need to drink more include thirst, dark/deep yellow urine, fatigue, mental foginess, dry skin and constipation. Avoid cold water, which slows digestion. Avoid sweet and artificially sweetened drinks. Make sure your water is free of added fluoride, which can suppress thyroid (and thus energy and metabolism) and free of pollutants.

10. **Regular aerobic exercise** improves mental and physical well-being and works better than drugs at alleviating depression. A daily walk, jog, bike ride, swim, or dance keeps us physically energized and mentally alert.
11. **Plan Something Exciting.** Looking forward to a get-away, starting a new project or learning something new stimulates your mind and gives your body a reason to give you energy. Discover the activities, work and people that help you feel joyful.

The bottom line: Balance your [food choices](#) between proteins and healthy carbohydrates for energy, Don't skip meals, and make sure to include some high-energy [snacks](#) during the day — you don't want to go more than four hours without an energy boost.