



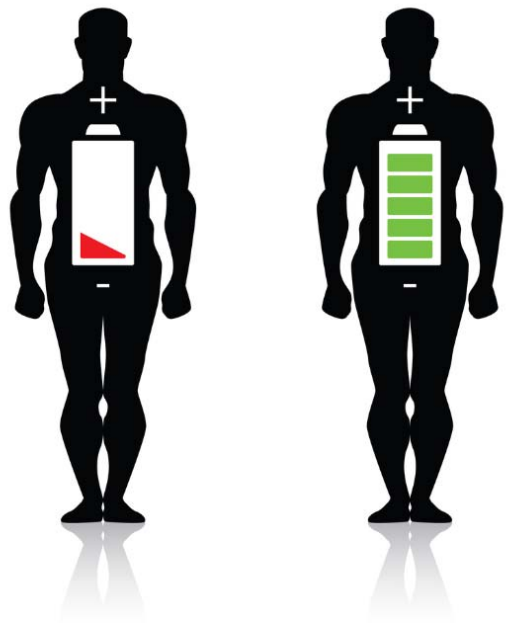
Healthy Eating Tip

Providing Energy to the Body (Without Caffeine)

Contrary to popular belief, our bodies DO NOT run on caffeine. It is common to rely on the ole trusty cup of joe when we stayed up too late the night before binge watching Netflix. Caffeine is only a quick fix not a permanent solution. Conversely, there are other beneficial ways to boost our energy without the use of caffeine.

Energy Boosters

- **Cut out the caffeine.** Too much caffeine can interfere with sleep, make you feel jittery and cause you to lose energy later in the day. Need to wean? Try switching to decaf coffee or tea and drink plenty of water! Taper off slowly cutting back your intake by half and then half again over several days.
- **Get more sleep.** Believe it or not, you may be lacking energy simply because you are not getting enough sleep! The National Sleep Foundation reported that about 63 percent of adults do not meet the recommended 7 to 9 hours of sleep. Lack of sleep has been associated with reduced energy as well as reduced cognitive function. It is important to get into a sleep schedule and stick with it!



(continued on back)



From Corporate Fitness Works Registered Dietitian, Elaine Beville

Healthy Eating Continued...

- **Eat high-energy foods, also known as nutrient-dense foods.** Include a mixture of nutrients in your diet by building a healthy plate at each meal. Aim to meet the following nutrition tips:
 - Eat off a 9 inch plate
 - Fill ½ your plate with veggies
 - Fill ¼ your plate with whole grains
 - Fill ¼ your plate with lean protein
- **Fiber Up.** Fiber helps to slow down digestion, while providing steady energy throughout the day. Try to incorporate fiber at each meal and snack. In addition, aim to consume 25 to 38 grams of fiber per day.
- **Exercise.** Move your body daily! As little as 10 minutes of activity can increase your energy for two hours. Even if you are on the 10th floor, try to take as many flights of stairs before taking the elevator the rest of the way. Every step counts.
 - **BONUS: Not only does exercise improve energy, but it also helps to improve quality of sleep.**
- **Hydrate.** Dehydration is a major cause of fatigue. Research has shown that as little as 2% dehydration will impair performance, physically and mentally, so drink up!
 - Fluid Recommendations:
 - o **Men:** about 13 cups/day (equivalent to ≈105 fluid ounces)
 - o **Women:** about 9 cups/day (equivalent to ≈72 fluid ounces)

Sources:

www.todaysdietitian.com

www.eatright.org

www.sleepfoundation.org

www.mayoclinic.com/health/water/NU00283