Health-Full Eating & Nutrition

Eating For Energy

Eating for energy can sometimes be tricky, and with so many food options out there it can be hard to find the right combination. But have no fear, using the right steps and the right nutrition you can eat and be energized throughout the day, maybe even without coffee.

Smaller Meals

The first step is eating smaller more frequent meals. Eating smaller meals can have many great benefits within the body. One of those benefits is feeling less tired and bloated. When you eat three large meals in a day your body takes longer to digest all of the food. You also tend to eat more at one time thus possibly causing weight gain. Six meals a day can help boost your metabolism, giving you more energy and helping with weight loss. It also helps the body break down foods faster by making you feel less hungry throughout the day.

Avoid Crash Diets

Crash diets put the body into a shock which can cause rapid weight loss in a short amount of time. With this being said, these sorts of diets can cause massive fatigue. This is due to the rapid change that these diets require. For example, the Keto diet changes your body to run off of fats instead of carbs. "Ketosis is a metabolic adaptation to allow the body to survive in a period of famine. Your body will break down ketone bodies, a type of fuel the liver produces from fat, instead of sugar or glucose from carbohydrates."

With this change in the body, one could experience the "Keto Flu." Which in turn causes symptoms of dizziness, nausea, decreased energy and mood swings. If you are looking to lose weight, do so gradually and without skimping on essentials. Poor nutrition and insufficient calorie intake can cause fatigue. Don't cut your food intake below 1,200 calories a day for women or 1,500 for men unless you are under supervision of a health care professional.

Food Choice

It all comes down to food choice and what foods one should pick to not only keep a healthy lifestyle but to increase one's energy. One of the ways is to eat a balanced breakfast. The majority of people have extremely busy lives between work and family they don't have time to go and make breakfast. A simple breakfast like eggs or hot oatmeal with fruit can help you stay fuller throughout the day and boost your metabolism thus boosting your energy. Another way is making everything homemade. Again with a busy lifestyle, most people will either eat out or buy processed foods from the grocery store. "Your body is designed to digest and metabolize food to get the energy it needs, so if you're routinely eating highly processed foods over whole foods, you're shortchanging this process." This could leave one feeling very lethargic.

27 Foods That Can Give You More Energy

1. Bananas
2. Fatty Fish
3. Brown Rice
4. Sweet Potatoes
5. Coffee
6. Eggs
7. Apples
8. Water
9. Dark Chocolate
10. Yerba Mate
11. Goji Berries
12. Quinoa
13. Leafy Green Vegetables
14. Oatmeal
15. Yogurt
16. Hummus
17. Edamame
18. Lentils
19. Avocados
20. Oranges
21. Strawberries
22. Seeds
23. Beans
24. Green Tea
25. Nuts
26. Popcorn
27. Beets

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