

YOU ARE WHAT YOU EAT

POWER PUNCH: ENERGY BOOSTING SNACKS

You don't need to be a rocket scientist to know that what we eat is our body's fuel and affects our energy. But you must be smart and make the right choices, at the right times, in the right combinations to stay fuelled. And it doesn't mean a huge overhaul to your current diet. In fact, you are likely already familiar with many of the foods needed to fight fatigue. So, what is the ideal mix to fend off those mid day energy slumps and boost your energy through your workday?

Make the Right Choices.

Our food contains both macro and micro nutrients. Macronutrients are what the body requires in large amounts to create energy and fuel our activities, both internal and external. Protein, carbohydrates, and fat are the primary macronutrients and they play a key role in our energy and metabolism. But they are not all created equal. For example, a donut is full of carbohydrates and fat! Choose carbohydrates that are low on the glycemic index (whole grains, starchy vegetables, nuts/seeds), high fibre fruits and vegetables, and healthy fats like good quality oils (olive, coconut, grapeseed, flax...etc.) and fats that occur naturally in foods.



In the Right Combination

For a filling and energy boosting snack choose a combination of carbohydrate, protein, and preferably a healthy fat. While it does require some planning, this combination will fuel you through a busy work day. Carbohydrates provide a quick source of fuel but depending on the amount and type of carbohydrate it can be short lived. Protein digests at a slower rate, providing a ready source of fuel once the carbohydrate is digested. Fats contain the most amount of energy per gram but are also the slowest digesting macronutrient. This means that adding a bit of fat to this magical combination can increase its sustainability while also adding more power to the punch!



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At the Right Times!

A predictable schedule allows your energy to be used more efficiently, keeping your body fuelled, your blood sugar balanced, and reducing the amount of fat stored. When energy levels experience several peaks and drops, energy is NOT sustained. The New England Medical Journal showed that a shift between 3 "square meals" and 6 small meals resulted in more energy, reduced LDL cholesterol, cortisol, and insulin levels.

Some Winning Combinations!

- ✓ 1 small apple with 1 tbsp nut butter
- ✓ 1/2 tomato and avocado (diced) sprinkled with 1 tbsp hempseed
- ✓ 4 celery sticks and 2 tbsp hummus
- ✓ 2 small cucumbers & 1/4 c yogurt with dill
- ✓ 1/4 c berries and 1/2 c cottage cheese
- ✓ 3 oz chicken and 4 baby carrots



Homemade Energy Bites

A popular healthy snack. They are portable, satiating and provide a mid-day boost.

- 1 cup chopped dates
- 1/2 cup chopped almonds or nut of choice
- 1/2 cup ground flax seeds
- 4 tbsp chia or hemp seeds (or unsweetened coconut flakes)
- 1 tbsp cocoa powder
- 1 scoop protein powder
- 1/2 cup natural nut butter

Servings: 12 Calories per serving: 171
Fat: 9g Sodium: 8mg Carbs: 18g Fibre: 5g Sugar: 10g Protein: 6g



Soak dates in water for 5-10 minutes. Use a food processor or mash dates, mix in nut butter and rest of ingredients. Form into balls and roll in seeds or coconut. Chill and store in the refrigerator.

Sources: <http://www.thehealthjournals.com/energy-snacks/>
<https://www.prevention.com/food-nutrition/healthy-eating/a20454852/high-energy-foods-that-jump-start-your-day/>
<https://healthyeating.sfgate.com/gives-energy-per-gram-fat-protein-carbohydrates-8319.html>