

# 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. You must, however, be smart and make the right choices, at the right times, in the right combinations, to stay fuelled. This doesn't require 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 and seeds), high fibre fruits and vegetables, and healthy fats like good quality oils (olive, coconut, grapeseed, flax) and fats that occur naturally in foods.



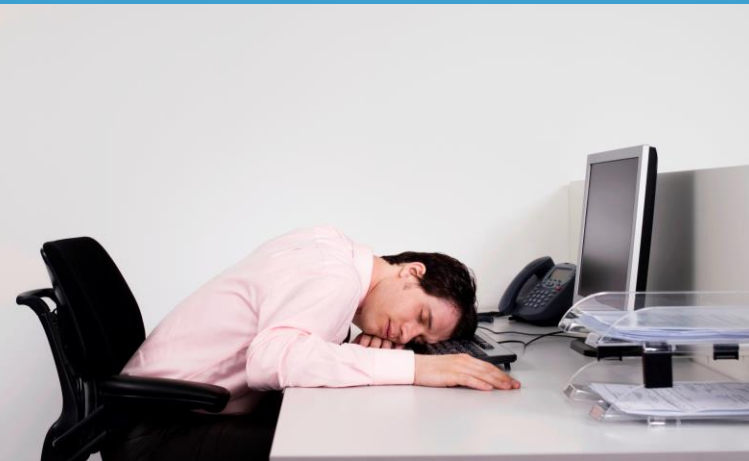
### In the Right Combination

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 workday. 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 fueled and 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 and reduced LDL cholesterol, cortisol, and insulin levels.

### Some Winning Combinations!

- ✓ 1 small apple with 1 tbsp nut butter
- ✓ ½ tomato and avocado, diced & sprinkled with 1 tbsp hemp seed
- ✓ 4 celery sticks with 2 tbsp hummus
- ✓ 2 small cucumbers and ¼ cup yogurt with dill
- ✓ ¼ cup berries and ½ cup cottage cheese
- ✓ 3 oz chicken and 4 baby carrots



### Homemade Energy Bites

A popular, healthy snack that is portable, satiating, and provides a mid-day boost.

#### Ingredients:

- 1 cup dates, chopped
- ½ cup almonds or nut of choice, chopped
- ½ cup ground flax seeds
- 4 tbsp chia or hemp seeds, or sub unsweetened coconut flakes
- 1 tbsp cocoa powder
- 1 scoop protein powder
- ½ cup natural nut butter

Servings: 12 or 1 ball | Calories per serving: 171  
Fat: 9g | Sodium: 8mg | Carbs: 18g | Fibre: 5g | Sugar: 10g  
Protein: 6g

#### Directions:

Soak dates in water for 5-10 minutes. Use a food processor or mash the dates, mix in the nut butter and the remaining ingredients. Form into a dozen 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>