



Nutrition for Energy Levels

Factsheet



Nutrition for Energy Levels

The best foods to eat...

Do you ever wonder what the best foods to eat are? **Let's explore some top healthy eating tips.**

Weight Loss friendly foods



1. Whole Eggs

Eaten in high levels can raise your bad cholesterol levels, but the cholesterol doesn't seem to raise cholesterol levels the way other cholesterol containing foods do, such as trans fats and saturated fats. However this is a food that can help with weight loss as they are high in protein and contain fat and help with that full feeling.



4. Cruciferous Vegetables

Broccoli, cauliflower, cabbage and brussel sprouts all contain protein (not as high as animal protein but high in comparison to most other vegetables). They also contain cancer fighting properties.



7. Tuna

A lean and low calorie source of high protein food.



2. Leafy Greens

Low in calories but high in fibre and help to bulk out meals without loading with extra calories.



5. Lean Beef and Chicken Breast

Studies have shown by increasing your protein intake by 25% per day can help cut cravings by 60%, reduce your desire for late night snacking by a half and cause weight loss of just below a pound per week.



8. Beans and Legumes

High in protein and fibre, they help to increase your level of satiety.



3. Oily Fish

Salmon, mackerel, sardines, herring, amongst others are a great source of protein, and also loaded with omega-3 which helps with reducing inflammation which has been heavily linked with Metabolic Syndrome and Obesity.



6. Boiled Potatoes

Along with sweet potatoes, turnips, and other root vegetables all help to reduce your appetite, potentially reducing the amount of food you consume later in the day.



9. Cottage Cheese

Lean dairy products like cottage cheese help you get good protein into your diet without compromising the calories.

! Remember - Greencore is a nut-free workplace so please don't bring nuts to work

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The best foods to eat...

Weight Loss friendly foods (continued).



10. Avocado

The one fruit that isn't loaded with high carbohydrates, but good fats! They are a healthy fat source, but keep consumption moderate.



13. Grapefruit

Research has shown that when eaten before meals it helps to suppress appetite and calorie intake, which is great if you want to try and lose weight.



16. Whole Grains

Great examples that contain a high amount of fibre and also protein are; oats, quinoa and brown rice. Try to avoid the refined grains if you are trying to lose weight as they have a high carbohydrate content. Whole grains have much more nutrients and are higher in fibre too.



11. Full Fat or 0% Fat Yoghurt

Some yoghurt contains pro-biotic which is great for your gut function. Low fat options are generally packed with sugar, so be careful with this.



14. Chilli Pepper

Eating foods containing chilli pepper could help to reduce your appetite and even speed up your fat burning process too. Make sure you consume in moderation - tolerance levels can be reached which could slow this down.



12. Chia Seeds

They are a low carb friendly, high fibre food option! This means they will help you feel fuller for longer.



15. Nuts

When consumed in moderation they can make a great snack - high in fibre and protein, they are a great 'go to' option.

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Foods that may leave you feeling more hungry...

1. Artificial Sweeteners

Low calorie and sugar free foods are often full of sweeteners; artificially sweet food make you crave more.

2. Salads

A salad made up of just green leaves isn't going to be enough; you need to make sure you include some source of protein and low Glycaemic Index Carbohydrates e.g. chicken, fish; quinoa, sweet potato, brown rice etc.

3. Juices

Although full of vitamins, they are high in sugar and low in fat, fibre and protein. You may have a sudden burst of energy, but then a sudden drop making you feel lethargic.

4. Crackers

Although they may be a low calorie snack, on their own the sugar they contain gets absorbed by the body very quickly leaving you wanting more - try adding a bit of hummus or peanut butter to make them a bit more fulfilling.

5. Salty Snacks

Salt makes us feel thirsty, which sometimes we mistake for hunger... so try to avoid too much salt.

6. Alcohol

Drinking alcohol can lead us to eat more as our appetite increases. Always remember your alcohol limits and to make sure you incorporate alcohol free days into your week.

Top Tips for eating healthy.

- 1 Avoid foods** that are low fat/reduced fat/diet - these are a lot more processed, this also includes margarines and low fat spreads.
- 2 Red or processed meats** - eating even small amounts can increase the risk of cancer and in high quantities raise cholesterol levels - choose lean white meats or fish.
- 3 Bloating** - beans, onions, broccoli, cabbage, sprouts, cauliflower can all cause bloating, so if you're overeating on these foods, then cut them down.
- 4 Cereals** - be careful some cereals are high in sugar, these can cause peaks in your energy levels, but sudden drops, try and opt for a lower sugar option and cereals with less additives, such as porridge.
- 5 Fruit Juice** - fruit juices and smoothies only count as one of your portions of 'five-a-day' as they don't contain the same amount of fibre that whole fruits and vegetables contain. NHS Eatwell guidelines suggest your combined total daily consumption for fruit juices, vegetable juices and smoothies should be no more than 150ml. Fruit juice also contains high levels of sugar so advisable to limit consumption.



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Eating to Boost Energy

Eating the right foods at the right time is important to keep you feeling energised all day and to avoid any unnecessary slumps.

Different kinds of foods are converted to energy at different rates. Sugary foods will give you a quick lift while whole grains and fats will supply you with a steady rate of energy throughout the day. Quick boosts of energy from refined sugar is not good as it fades quickly and will leave you craving more sweet foods.

Top tips to maintain Energy Levels

- ✓ **Eat a healthy balanced diet** using the Eatwell guide is a great place to start.
- ✓ **Eat 5 portions** of fruit and vegetables per day.
- ✓ **Drink 6-8 glasses** of fluid per day (preferably water) .
- ✓ **Avoid crash diets**
- ✓ **Use caffeine to your advantage** but limit it after 2pm.
- ✓ **Eat at regular intervals** - try to eat meals at the same time every day.
- ✓ **Limit alcohol** as it can be a sedative!
- ✓ **Don't skip breakfast** - if you struggle to eat a proper meal then choose a low sugar option e.g. a piece of fruit.

Understanding **Macronutrients**

1

Carbohydrates - there are three forms in food - fibre, starch, and sugar. Carbohydrates should be the main source of energy for the body. Government recommendations suggest that our whole diet should be made up of a third of starchy foods and another third should be fruit and vegetables.

2

Proteins - they are essential to the body and help to repair muscles and growth. Hair and nails are mostly made of protein. The body can't store protein, so it's important not to eat too much of it. Active men can get all the protein they need from 3 servings (a serving is palm sized) and women 2 servings. A healthy diet alone can provide enough protein for muscle repair and recovery so it's not essential to take on supplements.

3

Fats - a small amount of fat in the diet is essential to give a healthy balanced diet. Too much of the wrong kind of fat (saturated fats) can lead to high levels of the wrong cholesterol which can increase risk of developing heart disease.

The government recommends that:

- Men shouldn't have more than 30g of saturated fat a day.
- Women shouldn't have more than 20g of saturated fat a day.
- Children should have less.

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Food to Boost your Mood

Eggs

They are packed with protein and help provide energy and are rich in Vitamin B which help enzymes perform their role in the process of breaking down fuel for energy.



Bananas

They are a great source of carbohydrates, Vitamin B6 and Potassium, which can help boost energy levels in your body.



Oily Fish

(e.g. Salmon, Tuna)

These are great sources of protein, fatty acids and B Vitamins. Omega 3 fatty acids have been shown to reduce inflammation in the body which is a common cause for fatigue.

Spinach

High in both iron and folic acid which are fairly essential for your energy levels.



Water

Not drinking enough water can cause you to be dehydrated which can slow down the bodies processes, leaving you feeling sluggish and tired.



Sweet Potato

Provides a slow release of energy. It contains manganese which helps break down carbohydrates to provide energy.

Avocado

Contain plenty of good fats, fibre and protein, they help with reducing cholesterol and boosting energy levels.



Yoghurt

is great for building bone strength as it contains good levels of calcium.



Brown Rice

is less processed than white rice and contains more fibre, vitamins and minerals. Due to the fibre content it has a low Glycaemic Index which means that energy is released steadily throughout the day.

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Top Ten Strategies and foods to increase your energy levels

Eat smaller meals more often - this will keep energy and sugar levels stable.

Yoghurt is a great probiotic and will keep your immune system healthy.

Eggs are brilliant for protein and are nutrient dense.

Fruit, Veg and Wholegrain carbohydrates will maintain your energy levels .

Beets & spinach are high in iron.

Eat breakfast to fuel you for the day.

Keep hydrated and drink plenty of water throughout the day.

Omega 3 fatty acids from fish and nuts are essential to keep you energised.

B Vitamins help prevent fatigue and weakness.

Green tea can improve alertness, memory and reaction times.



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