



26 foods to eat to boost your energy

Are you running on empty? Do you feel like your energy levels are always lagging? The tell-tale signs aren't always obvious, do you suffer from:

- Fatigue?
- Caffeine cravings?
- Panic attacks?
- Insomnia?
- Loss of sex drive?
- Premature ageing?
- Decreased interest in socialising?
- Decreased motivation?

Sustained energy may seem like a mythical situation, especially without guzzling copious amounts of coffee or sugary energy drinks.

But it is possible to provide your body with long lasting energy without the caffeine headache and withdrawal. Your body needs fuel to function optimally, and this means paying attention to your diet.

Here are 26 foods that will boost your energy levels.

Remember always aim for a healthy balanced diet, plenty of exercise and find time to relax. If you have certain medical issues, you may be asked to avoid some of these foods by your Healthcare professional.

Whole wheat pasta	Brown rice	Wholegrain bread
Quinoa	Oats	Buckwheat
Bulgur	Corn	Rye
Spelt	Spinach	Curly kale
Broccoli	Cabbage	Blackcurrants
Oranges	Strawberries	Kiwi
Pineapple	Pulses	Lean meat
Nuts	Seeds	Raisins & prunes

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