



## 42 foods to eat to beat the afternoon slump

You've had lunch and you're settling down for an afternoon of work. But your concentration withers, your eyes begin to feel heavy and your energy takes a sharp downward turn.

There are several causes for the afternoon slump; the surge of morning hormones have disappeared, perhaps boredom has set in, you are feeling ultra-stressed, or maybe your lunch has hindered your energy levels.

This is when many people reach for the coffee or energy drink to see them through until the end of the working day. Although both are stimulants, they can make you feel lethargic and tired after the initial energy surge they provide.

Employees also regularly skip lunch altogether, missing the opportunity to refuel your body. Percentage of employees who regularly miss lunch:

56% every day  
55% once or twice a week  
45% once or twice a month

However, it is possible to provide your body with sustained energy. Your body needs fuel to function optimally, and this means eating the right types of food.

Here are 42 foods that will provide you with sustained a long lasting energy, ensuring you get through each afternoon without the dreaded slump:

*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

Quinoa

Wild rice

Spelt

Peas

Broccoli

Squash

Apple

Strawberries

Banana

Cucumber

Sugar snap peas

Pumpkin seeds

Fish

Brown rice

Oats

Beans

Chickpeas

Spinach

Cabbage

Courgette

Pear

Orange

Cherries

Peppers

Walnuts

Sunflower seeds

Low fat yoghurt

Wholegrain bread

Buckwheat

Rye

Lentils

Curly kale

Mixed salad

Aubergine

Satsuma

Apricots

Carrots

Tomato

Almonds

Lean meat

Cooked egg (not fried)

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