



The Food and Drinks Making You Tired

Have you ever wonder which are the food and drinks making you tired?

You often choose the option that is high in sugar or caffeine, in the hopes of having a quick fix to your ever-depleting energy levels. Sound familiar?

However, that quick fix often culminates in a further energy reduction, and an ongoing cycle of reaching for that next food item.

Coffee and energy drinks

Although it is known to be a performance and energy enhancer, caffeine can drain your energy levels. The more you drink, the more you require throughout the day to retain your energy levels and keep fatigue at bay. It is also common for people to add sugar and syrups to each drink, leading to a further decrease in energy.

High caffeine intake can also lead to headaches and dehydration, which will leave you feeling sluggish and fatigued.

Fast food

Fast food is generally low in nutritional value and high in fat, salt, sugar and calories. We are talking about pizza, fish and chips, burgers, and kebabs. Greasy food high in fat, sugar and calories will alert your digestive system that it requires extra blood flow. This will therefore mean that it is diverted from other parts of the body, which will leave you feeling sluggish and bloated.

Cake and biscuits

That mid-afternoon pick-me-up is something that many of us feel we need. The afternoon slump has hit, and your cup of tea or coffee is looking lonely without a sweet treat accompanying it. However, cakes and biscuits are high in fat and sugar, and will elevate your blood sugar levels quickly, followed by a sharp decline. This afternoon snack will therefore leave you feeling tired, and inevitably reaching for another one to boost yourself back up once again.

Noodles and pasta

Whilst there is nothing wrong with including noodles or pasta into your diet, it is worth considering your portion control. When it comes to bread, it is likely you will have 2 slices without even thinking about it. However, it has become normal for noodles and pasta to be the vast majority of the volume of a meal. Think back to your last pasta dish, were you veggies and protein lying on a thick blanket of pasta? When having pasta or noodles, choose a wholegrain variety as this is digested more slowly. This will provide you with sustained energy for several hours.

No food should be off limits, and everything should be enjoyed in moderation. However, if you know that your energy levels are low, provide your body with the correct foods to fuel yourself for the day ahead.

Eat/drink less of the items listed above, and replace them with more natural, healthier forms of sugar and carbohydrates. This will significantly impact and improve your overall energy levels.

We have a vast range of Workplace Nutrition Services – click [here](#) to find out more, or give us a call on **07778218009** for an informal chat.