annabrowne
NUTRITIONAL THERAPY

Steady Energy All Day Long

6 steps to maximise your energy and productivity and to keep you feeling mentally sharp and emotionally stable throughout the day.

- **It all begins with breakfast.** The best thing you can do for the foundation of your day is to stabilise your blood sugar by eating a savoury breakfast. Think eggs, smoked salmon, feta cheese, avocado etc, and I'm a big fan of leftovers from the night before! If you are eating toast, then make it wholegrain with seeds and pair it with something savoury. If you enjoy a bowl of porridge, elevate it with nuts, nut butters, seeds, protein powder and a handful of berries to offset the sugar in the oats.

- **Eat good quality protein at every meal.** Protein slows glucose release from carbohydrates to stabilise energy. It also contains an amino acid called serotonin that influences mood.

- **Include plenty of fibre** for a sustained energy release. Fibre slows down the rate that the sugar is released from your food, promotes satiety, slows digestion and help you crave less sugar. So, swap refined carbohydrates and sugars such as white rice, white bread and white pasta for fibre packed vegetables, salads, whole grains, beans, flax seeds, chia seeds, oats, hemp seeds and nuts.

- **Eat 3 regular meals that are nutritious and satisfying** with plenty of protein, fibre and good fats so that a dip in energy doesn't see you reaching for unhealthy snacks. If you notice an energy dip in the afternoon, reflect back on the content of last meal and notice how balanced it was.

- **Avoid stimulants** such as coffee, tea, fizzy drinks and alcohol as they disrupt blood sugar levels. Try herbal teas, dandelion, chicory or mushroom coffee.

- **Drink water.** Aim for two litres a day as even mild dehydration can impact concentration, mood and energy.