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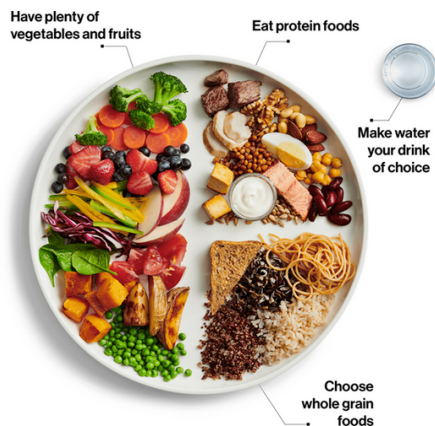
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Tips on Eating for Optimal Energy

1 Make sure your plate is balanced for all meals



Protein

1/4 plate proteins such as chicken, fish, red meat, tofu, legumes, eggs, dairy.

Slow Digesting Carbohydrates

1/4 plate low glycaemic index - wholegrains. For example, brown rice, quinoa, sweet potato, buckwheat, rolled oats.

Vegetables

1/2 plate vegetables - focus on adding green leafy vegetables and non-starchy vegetables.

Examples of balanced meals:

Wholegrain toast (slow digesting carb) + eggs (protein) + avocado (healthy fats)

Oats (slow digesting carb) + yoghurt (protein)

Salad with Quinoa or brown rice (slow digesting carb) + chicken (protein) + avocado (healthy fats)

Wholegrain wrap(slow digesting carb) + chicken (protein) + avo (healthy fat)

Soup with beans (slow digesting carb) + chicken (protein)

Hummus – chickpeas (slow digesting carb) + chickpeas (protein) + olive oil (healthy fats)

Wholegrain crackers (slow digesting carb) + tuna (protein)

Greek yoghurt (protein) + berries

Brown rice(slow digesting carb) + beef (protein)







Roast root veg(slow digesting carb) + chicken (protein)

Brown rice (slow digesting carb) + salmon (protein) + olive oil (healthy fats)

2 Aim for 30 grams fibre per day

Slows the absorption of sugar & therefore helps to avoid crashes in energy levels.

Found in vegetables, fruit, legumes & wholegrains.

Achieving 30g of fibre per day											
Breakfast	Morning	Lunch	Afternoon	Dinner	Supper						
											
1/2 cup muesli* and milk	x1 apple*	2 cups salad vegetables*, 1 cup lentils* and canned tuna	30g nuts*	2 cups stir-fry vegetables*, 1 cup brown rice* and beef strips	x1 punnet strawberries*						
Fibre:											
5g	+	3g	+	7g	+	2g	+	8g	+	6g = 31.0g	
* Indicates high fibre food											

3 Make sure you are having enough magnesium, B vitamins & iron

These nutrients are essential to ensure you have good energy. Leafy greens, pumpkin seeds, lean meat.

4 Drink enough water

Aim for around 2L per day - being dehydrated will reduce energy levels.

5 Set up good sleep habits

- Don't eat too late
- Go to bed before your 2nd wind of energy
- Keep sleep & wake times consistent
- Minimise screen use
- Room / body temperature
- Relaxation before bed
- Avoid alcohol