

Fuel your body with the right foods

Learn which foods increase energy and which ones cause fatigue

The low-energy, afternoon slump that some people experience often can be the result of relying on sugary snack foods or caffeine for a quick energy boost early in the day.

If you have fallen into this trap, you can feel better and be more productive by making better choices and selecting foods that give you *consistent* levels of energy throughout the day.

Here are some tips to help you make healthier choices:

Choose complex carbs

Carbohydrates are the body's main source of energy. Simple carbohydrates found in sugary cereals and juices are quickly absorbed and can actually be draining on your body. On the other hand, complex carbohydrates, such as fresh whole fruits and whole grain breads and cereal, are digested gradually and leave you feeling more energized.

Don't skip important meals

A healthy breakfast is the most important meal of the day and is necessary for anyone who wants to achieve and maintain an appropriate weight. We need energy at the beginning of each day, and the consumption of a healthy breakfast makes us less likely to indulge in high-calorie snacks during the day.

To prevent an afternoon slump, eat a light lunch consisting of 500 calories or less to fuel your body without causing drowsiness. Keep healthy items on hand to snack on throughout the day in case you need to refuel.

Remember to stay hydrated

Mild dehydration can cause fatigue. Replenish your body with water. It's calorie-free and filling. Try to drink at least eight glasses of water a day. Avoid drinking too much caffeine, which may give you an instant boost, but causes fatigue in the long run.

Want to get fit, avoid disease, lose weight or improve your diet? GuideStone's Well Informed resources include tools to help you make the lifestyle changes to achieve your goals. These include wellness assessments, fitness trackers, menu ideas, nutrition, weight management, and stress reduction programs, discounts on gym memberships and supplements, and much more! For more information, go to www.GuideStoneInsurance.org and choose the "Well informed" link.