

# Natural Sources of Energy

When you need a boost of energy, it's easy to grab a soda or candy bar to help yourself perk up. However, these quick fixes will send your blood glucose(sugar) level sky rocketing and then quickly crashing, which will leave you feeling groggy in about one hour. Instead, go for a snack that has protein and complex carbohydrates. These two things will help combat those feelings of exhaustion by keeping your blood glucose level stable.

The following foods are not loaded with artificial ingredients for a natural punch of energy:

- Whole Wheat Bread
- Oatmeal
- Pork
- Greek Yogurt
- Low Fat Popcorn
- Strawberries
- Blueberries
- Broccoli
- Sweet Potatoes
- Zucchini
- Peanut Butter
- Almonds

Don't forget that breakfast is the most important meal of the day! This one meal will help jump start your metabolism in the morning to keep your body burning calories throughout the day.

Beans are good for your heart. Black beans contain anthocyanins, an antioxidant compound that improves brain function. A half-cup serving provides 8g of protein and 7.5g of fiber.

When it comes to choosing cereals, you want a small amount of sugar with as much fiber and protein as possible. Look for cereals with less than 10g of sugar and at least 3g of fiber.

And of course, remember to hydrate! You should drink at least eight 8oz glasses of fluid everyday.



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