

## Food Tips for More Energy

Fatigue can be related to many factors including stress, medical conditions, hormonal changes, or medications. Make sure your physician has ruled out any medical problem which could explain your fatigue.

Your food patterns and food choices can also affect your energy levels. Try some simple changes to the way you eat to revitalize your energy!

### 1. Eat At Regular Intervals

- Make sure you are eating something every four hours, during your waking hours. This means eating breakfast, lunch, and supper. Plan to have snacks when meals are more than 4 hours apart. You do not need to eat a lot of foods. A balanced meal contains at least one serving from each of the four food groups in Canada's Food Guide with 15 grams of protein. A healthy snack has one serving from at least 2 food groups with 5 grams of protein.

### 2. Protein - The Right Balance

- Include about 15 grams of protein at your three meals daily and 5 grams of protein at your snack. The easiest way to do this is by following the Canada's Food Guide to plan your meals, choosing one serving from each food group. This table gives you the specifics about protein.

#### Protein Power

Foods that provide 15 grams protein per serving	Foods that provide 5 grams protein per serving
- 2 oz (60g) of cooked meat, fish, or poultry	- $\frac{1}{2}$ cup milk, soy beverage, yogurt
- 5 oz (150g) firm tofu or 7 oz (210g) silken tofu	- $\frac{1}{4}$ cup almonds, walnuts, brazil nuts, cashews, pistachios
- 1 cup cooked legumes such as lentils, chick peas or kidney beans	- 3 tbsp seeds or 1 tbsp (15 mL) peanut butter or 2 tbsp (30 mL) other nut butters
- 1.5 oz (50g) hard cheese	- 1 small egg

### 3. Limit Sweet Snacks and Alcohol

- Sugary foods supply short term energy only. They will raise your blood sugar levels for just a short period of time and leave you feeling tired soon after. Rely on nutritious snacks instead of candy, chocolates, pop, fruit drinks and juices. Nutritious snacks include whole grain crackers; dairy products like cheese, yogurt; raw veggies and fruit; dips made with legumes like hummus; nuts and seeds.

Do not drink alcohol. When you are exhausted, alcohol will make you more tired.

### 4. Eat More Iron Rich Foods

- Many women have low blood levels of iron. Since iron carries oxygen throughout your body, low iron levels are linked to low energy levels. Fortunately many of the protein rich foods suggested above are great sources of iron, with the exception of dairy products. Make sure that you eat iron rich foods daily. Take an iron supplement if your doctor recommends it. Many people find an iron supplement called ferrous fumerate is easier to digest.

#### Iron Rich Foods

Excellent Sources (3.5 milligrams or more per serving)	Good Sources (2.0 milligrams or more per serving)
Clams, canned Tofu, firm Soybeans, boiled Liver, cooked White Beans, canned Lentils, boiled Oysters, canned Breakfast Cereals, fortified (cream of wheat) Pumpkin & Sesame Seeds, roasted	Chick peas, canned Red Kidney Beans, canned Split Peas, boiled Egg Noodles, enriched Beef, cooked Turkey, skinless, dark meat Lima Beans, canned Shrimp Pasta, enriched Spinach, cooked

