

Foods To Help Fight Fatigue

Oatmeal - Complex carbohydrate that has a slow breakdown and release to help balance blood sugar levels

Bananas - Bananas are high in complex carbohydrates, natural sugars & amino acids, making them a great natural energy booster. The fruit also contains tyrosine, an amino acid that helps produce norepinephrine, which may improve your levels of alertness.

Nuts - Contain a healthy balance of fat and protein to keep blood sugar levels steady and you fuller longer.

Curry or Turmeric - Curry contains a spice called Turmeric that contains an active ingredient called Curcumin. It can improve mental function and boost your overall energy levels, according to multiple studies. Turmeric can be added to some of your favorite dishes or find a Golden Milk recipe that suits you.

Eggs - A study from the *International Journal of Obesity* found that people who ate eggs for breakfast had more steady energy levels throughout the day than people who ate just a bagel. Eggs contain the B vitamin choline, which can improve verbal and visual memory, according to Medical Daily.

Avocado - Contain healthy fats, called monounsaturated fats, that help with energy and satiety; as well as fatty acids which may help with inflammation which has been linked to fatigue.

Dark Chocolate (70% +) - Contains caffeine, iron, fibre, magnesium, copper, potassium, zinc, selenium, antioxidants and fatty acids. All which may help contribute to overall function and alertness. Not to be consumed in large amounts but can be beneficial in small amounts approx. 2-4 squares daily.

Berries - High in antioxidants & anthocyanins that can help to fight free radicals, reduce inflammation, lower blood pressure. They also play a role in assisting in the prevention of some diseases like, heart disease, certain cancers and diabetes. A deliciously low calorie, high fibre health food you truly enjoy.

Dark Leafy Greens - Provide energy, protein, fibre and are loaded with antioxidants, vitamins and minerals. Try Kale, Spinach, Broccoli, Swiss Chard or Collard Greens. Kale chips are an easy way to enjoy a tasty snack and the benefits of this health vegetable.

Salmon - High in protein which helps to maintain and boost energy, and fatty acids to help reduce inflammation linked to fatigue

Water - Getting a minimum of 2 litres a day will help improve all functions of the body, which will ultimately result in less fatigue and better mental performance.

Additional Ways to Fight Fatigue

Walking - Just 15 min of walking in the fresh air can help boost your energy levels, the brisker the better and if you can get the sunshine this too will help. Aim for two to four - 15 min breaks for yourself in the day to start.

Stretching - 5 minutes of stretching can help to restore blood flow throughout the body boosting energy and mood. Find a routine you can do at home, work or wherever it is you find you need a boost.



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