

# eating for energy

Eating well and regular exercise can help to improve your body's energy levels.

Carbohydrate foods are the best source of energy for the body. Carbohydrate foods are stored in the body in the form of glycogen in your muscles and liver. When your glycogen stores are low this results in fatigue and makes exercise difficult.

## energy drainers

- ◆ Alcohol;
- ◆ Excess caffeine;
- ◆ Dehydration;
- ◆ An unbalanced diet;
- ◆ Dieting;
- ◆ Skipping breakfast and going for long periods without eating;
- ◆ Lack of sleep and rest; and
- ◆ Lack of exercise.

## improving energy levels

- ◆ Don't diet;
- ◆ Eat a healthy balanced diet, with a variety of foods from each of the food groups;
- ◆ Don't skip breakfast;
- ◆ Eat small regular meals and snacks to prevent hunger and keep up energy levels;
- ◆ Choose mainly slowly digested (low GI) carbohydrate foods such as oats, pasta, noodles, legumes, grainy bread, fruit, yoghurt, milk and soy milk - these foods give you longer lasting energy;
- ◆ Avoid alcohol, particularly in excess;
- ◆ Drink plenty of water and avoid too much caffeine; and
- ◆ Exercise regularly and ensure you get enough rest and sleep.

## further information:

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