

8 Foods To Boost Your Energy

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Keeping your energy levels up is important when you juggle work, family, workouts and social commitments. The [DishQuo meal planning app](#) creates recipes that support your life with sustained energy levels. What we eat has a huge effect on fighting fatigue and keeping you moving forward. Here are 8 foods that boost your energy and suggestions on how to enjoy them.

8 FOODS TO BOOST YOUR ENERGY



WALNUTS



STEEL CUT
OATMEAL



BERRIES



BEANS



SALMON



AVOCADO



WATER



EDAMAME

DISHQUO

1. Walnuts

Many high energy foods on this list contain healthy fat from omega 3 fatty acids. Omega 3 fatty acids are essential to maintaining healthy cells. They [support many areas of the body](#) including the brain, lungs, heart, immune system and blood vessels. (1)

Walnuts are also packed with fiber and protein which is an excellent combination for sustained energy level. An easy on-the-go snack or post workout, make walnuts a regular part of your diet. Boost your walnut intake by adding to salads and sauteed vegetables.

2. Steel Cut Oatmeal

Steel cut oatmeal wins over regular oatmeal for lasting energy. Steel cuts are higher in fiber and protein than regular oats. As a complex carb, the rate of digestion and absorption is slower than other high carbohydrate foods like white rice, sugar and bread. The slow, sustained rate of digestion and absorption in steel cut oats lowers the glycemic index. This prevents a [spike in blood sugar](#). Foods with a high glycemic index send blood sugar levels up and end with a crash, making you tired. Enjoy steel cut oats for breakfast, topped with walnuts and berries for an excellent, energy lasting breakfast.

3. Berries

Many fruits are high in natural sugars that may spike blood sugar, leading to an energy crash. That doesn't mean we should completely avoid them. Fruit is high in vitamins, minerals and antioxidants.

Berries, especially dark ones, are especially high in antioxidants. [Antioxidants reduce overall inflammation](#) in the body that may contribute to fatigue. (2) They are also high in fiber, improving your digestion. A sluggish digestion never helped anyone feel energized. For max energy results, pair berries with steel cut oats or sprinkle them on top of your salad.

4. Beans

Beans, like steel cut oats, are a complex carb. They contain the winning, high energy combination of fiber, protein, fat and complex carbs. This combo is the best for regulating your blood sugar levels for sustaining energy. Easily mix beans into soup and salad to gain energy benefits. For a snack, puree them into a creamy dip with raw veggies or high fiber toast.

5. Salmon

An omega 3 fatty acid powerhouse food, salmon is excellent for energy. This delicious fish is high in vitamin B12, which provides sustained energy levels. Salmon is a rare food that provides a natural source of vitamin D. Low levels of vitamin D are common during winter months. We typically absorb vitamin D from the sun, which is limited during the winter. [Low vitamin D levels may lead to depression and fatigue](#). (4) Increase your salmon intake during the fall and winter to keep vitamin D levels healthy.

6. Avocado

Don't fear the high fat levels in avocado. Avocado contains monounsaturated and polyunsaturated good fats. Combined with it being a high fiber food, avocados deliver slow and steady sustained energy. Creamy avocado isn't just for chips and guacamole. Avocado is a great addition to fruit smoothies, sandwiches and salads.

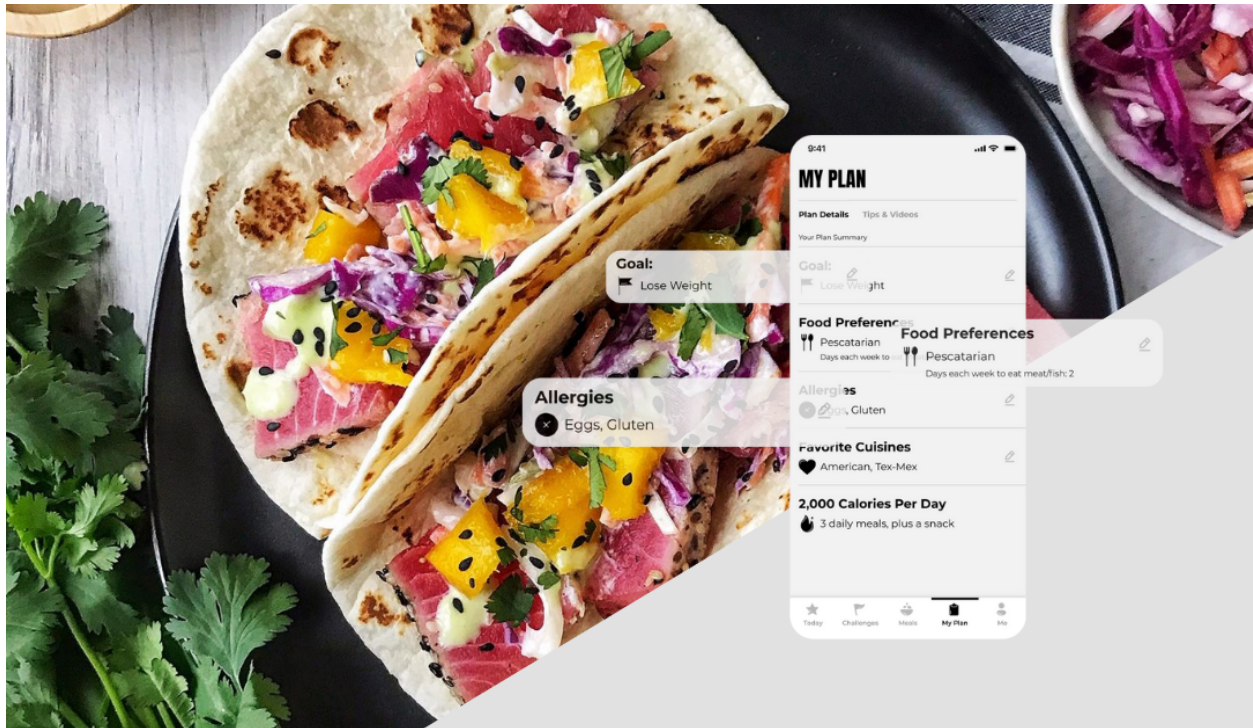
7. Water

Water dramatically affects our energy levels. Even moderate levels of [dehydration affects energy levels](#). (3) Reaching for a cup of caffeine is a natural response to feeling the afternoon slump, but your body may be craving water instead.

The next time you feel tired, drink a glass of water. Wait 30 minutes and see how it affects your energy before brewing more coffee. If drinking water daily is a challenge, mix it up. Add berries or citrus fruits to flavor your water. You'll benefit from the vitamin boost as well.

8. Edamame

Edamame is an excellent source of plant protein. It's winning combination ratio of protein, carbohydrates and fat is excellent for maintaining healthy blood sugar levels. This combination makes it a great snack on-the-go or post workout.



The affordable healthy eating app DishQuo includes these high energy foods in recipes you can enjoy. DishQuo offers a convenient meal plan app that can help you reduce stress and save time around what to eat each day. With personalized nutrition to help you optimize for your goals and taste preferences, it's healthy eating made simple.

Join the movement that's transforming the way you eat! Try [DishQuo free](#) for the first two weeks and watch your energy levels soar. DishQuo is available on the Apple app store and Google Play for android.

References

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- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5075620/>
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