



# High Energy Eating!

*Tips on building a healthy gut to boost brain power*

Do you often feel sluggish, depressed, less alert, and distracted? Dehydration and poor nutrition may be the cause! Making sure you are drinking enough water and eating nutritious foods can help "fuel" your brain and boost your mood. Below are some simple nutrition tips on how to take care of your body's most powerful organ!

## **Drink Water!**

Good hydration can improve mood, help you focus, and get better sleep.

Be POAC-tive  
(Pee Often And Clearly)

## **Balance Carbs!**

The more fiber a carb food has, the more steady your mood and energy will be!

Choose carb foods that are higher in fiber, like fruits, nuts, beans, and whole grains.

## **Your brain needs a variety of fruits, vegetables, fats, and proteins to do its best work!**

Include fruits and vegetables of all different colors. Eat a fatty fish like salmon once per week.

Cook with healthy oils like canola or olive oil.

Choose leaner cuts of pork, poultry, and beef.



# Food for Thought

Nutritious options for more energy

## Healthy Fats

Omega 3 and 6 fats help prevent dementia and can ease depression. These fats are found in fatty fish like salmon, eggs, flaxseeds, walnuts, soybeans, tofu, and canola oil. Eating too many unhealthy fats, like saturated and trans fats, can lead to lethargy and depression!



## Lean Protein

A variety of lean protein in your diet helps your energy levels and keeps your mood more level. Good sources of lean protein include fish, nuts, seeds, eggs, tofu, beans, greek yogurt, white-meat chicken, peas, lean cuts of red meat and pork, and shrimp.

## Balanced Carbs

Carbs that are high in sugar or starch and low in fiber can cause spikes and dips in your blood sugar, which negatively affects your attention span and energy.

Opt for carbs with higher fiber content, like oats, beans, fruit, and peas.

Working with a registered dietitian is a great way to improve your nutrition in a way that works for your lifestyle and health condition! Reach out to Danielle Starmen, RD LDN at [www.starmennutrition.com](http://www.starmennutrition.com).