

Eat to Boost Your Energy + FB Live video

Energy... we all want more, and what we eat can help boost—or zap—our energy levels. Today I shared these three tips for boosting your energy with my good friend and former wellness colleague, Bridgette Binford of [BJB Coaching](#) on [Facebook Live](#).

THREE TIPS TO BOOST YOUR ENERGY LEVELS

1. Drink more water. I know this sounds so elementary, but staying hydrated is the number one key to boosting your energy levels! Water is the primary component in blood, which helps carry nutrients to our cells AND cart wastes away. Too little fluid = too little energy. Feeling fatigued and low-energy are two of the first signs that you need to drink more water. Don't like water? Try adding berries or citrus fruit to water for added flavor, sip on sparkling water or try icing your favorite herbal tea.

2. Eat a power-packed breakfast. Break your nighttime fast with a mix of high-fiber carbohydrates and a little heart-healthy protein and fat. This well-rounded mix helps replenish those empty fuel stores and level out blood sugar levels, key to preventing that mid-day slump. Ideas for nourishing breakfast include: oatmeal with berries and nuts or seeds, plain yogurt mixed with fruit and low-sugar granola, smoothie made with nut butter and frozen fruit or an egg scrambled with with cheddar, spinach and avocado on a corn tortilla.

3. Eat more iron-rich plant foods. Iron helps transport oxygen to our cells, so low iron levels = sluggish + slow. While meat contains the highest amount of iron, Americans eat too little vegetables. So, focusing on iron-rich plant-based foods to help boost your iron AND veggie intake. Add some of these iron-rich gems to your diet every day—beans, lentils, seeds and dark, leafy greens. And while you're at it, add a dose of vitamin C-rich foods—like red bell pepper, kiwi or orange—to your iron-rich meal to help your body better absorb iron.

Bridgette and I also chat about fad diets and cleanses, supplements and eating mindfully. So, check out our FB Live video [here](#).

PLEASE SHARE: What are your favorite food energy boosters?
Please share. I'd love to hear from you!
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