Strategies to maintain your energy

Eating break fast—speeds up metabolism, keeps our energy level constant and provides energy for our brain to function highly

Eat smaller, more frequent meals instead of large meals— the body uses more energy to digest food, therefore, making you feel tired

Sources: https://www.weightlossnote.com

Contact the SJU Health Initiative at: healthint@csbsju.edu

Top healthy energy foods

- **Apple**—activates blood flow
- **Egg plant**—prevents stress and maintains muscle tone
- **Apricots**—provides vitamin B
- **Grapefruits**—removes excess calories and provides high energy
- **Yogurt**—prevents osteoporosis
- **Banana**—provides potassium and helps nervous system
- **Cheese**—provides calcium
- **Orange**—helps with colds and sore throats and increases antibodies which helps you handle to low temperatures which occur during wintertime

**Foods that provide a constant supply of energy**