

Energy Management: Healthy Food Ideas

Try to eat foods one at a time, not by the handful. Remember, the goal is not to feel stuffed and uncomfortable, but to make better choices and manage your energy levels.

Stimulating

Foods for when you need to be more alert.

- | | | |
|--|-------------------------------------|---|
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Apples | <input type="checkbox"/> Chocolate (especially dark) |
| <input type="checkbox"/> Sliced peppers | <input type="checkbox"/> Trail mix | <input type="checkbox"/> Homemade popcorn |
| <input type="checkbox"/> Pretzels | <input type="checkbox"/> Nuts/seeds | <input type="checkbox"/> Dried Fruits |
| <input type="checkbox"/> Seltzer water | <input type="checkbox"/> Celery | <input type="checkbox"/> Caffeinated coffee and/or tea |
| <input type="checkbox"/> Peaches/plums | <input type="checkbox"/> Snap peas | <input type="checkbox"/> Crackers (healthy choices preferred) |
| <input type="checkbox"/> Citrus fruit – oranges, grapefruit, etc | <input type="checkbox"/> Water | <input type="checkbox"/> Chips (healthy choices preferred) |

Calming

Foods for when you need to relax.

- | | | |
|---|--|--|
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Nuts and seeds | <input type="checkbox"/> Hot chocolate |
| <input type="checkbox"/> Grapes and berries | <input type="checkbox"/> Cucumber slices | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Hot tea (such as chamomile, green, lavender, peppermint, etc.) | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Salmon |
| | | <input type="checkbox"/> Asparagus |

Fueling

Food for when you're hungry and snacks won't cut it.

- | | | |
|--|--|---|
| <input type="checkbox"/> Protein Shakes | <input type="checkbox"/> Yogurt | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Lean meat | <input type="checkbox"/> Grains/oats |
| <input type="checkbox"/> Sandwiches made with healthy grains (wraps or breads) | <input type="checkbox"/> Sprouts (such as bean sprouts or alfalfa sprouts) | <input type="checkbox"/> Greens (such as spinach, kale, etc.) |