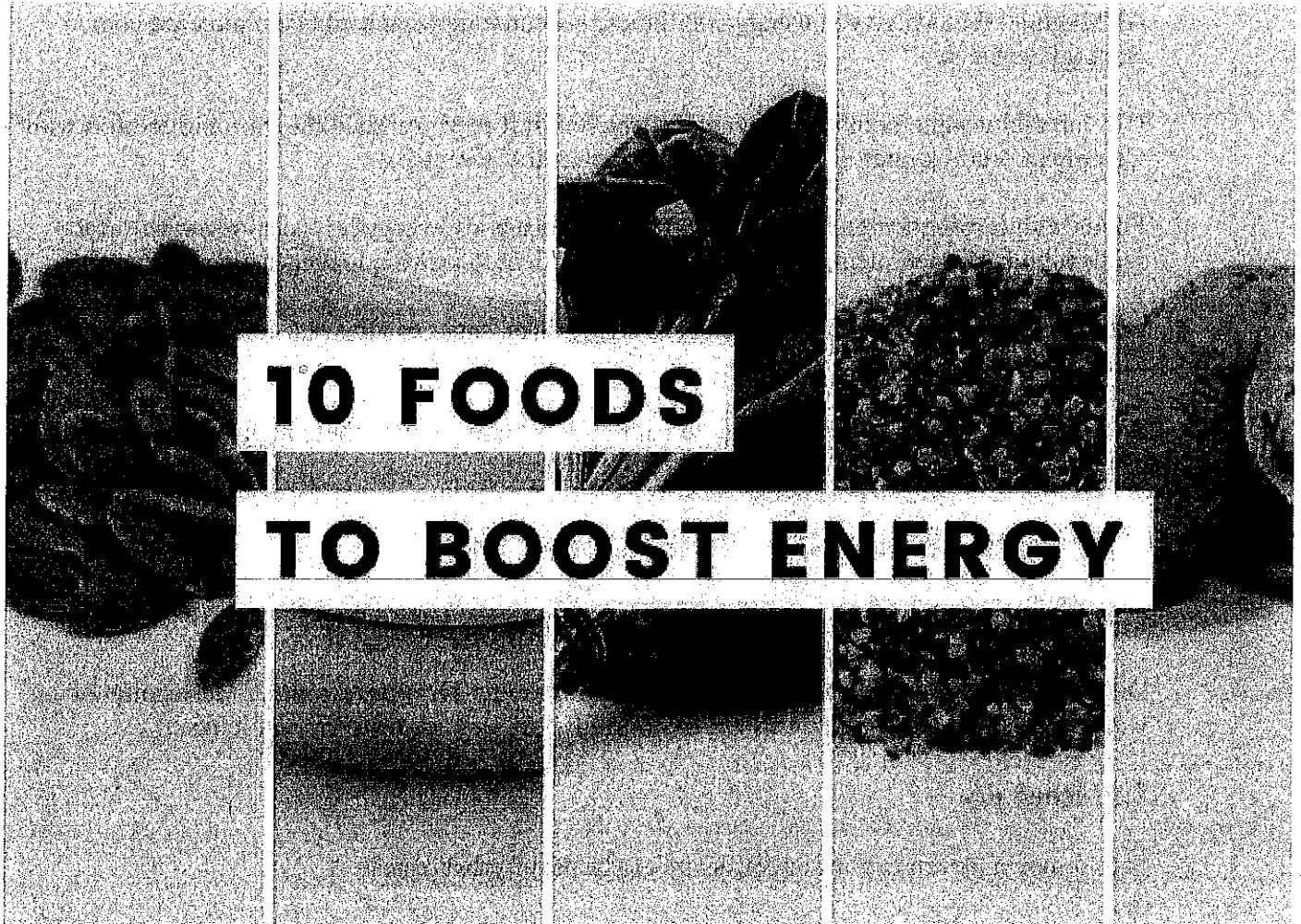


10 Foods That Give You Energy Fast When You're Super Tired

Superfoods



It all starts in the morning:

Every morning you struggle to get out of the bed?

You get up but feeling exhausted after running some steps?

Then comes the dreaded afternoon slump. Your eyelids start heavier and you want a good sleep.

You feel drained, super exhausted, fatigued.

Many people feel this tiredness entire day and then they start blaming to the age.

But actually, it seems like your body energy levels are lower than normal.

Whatever you do, everything consumes energy.

Energy is very essential for fueling internal functions, repairs, maintaining the cells and tissues in our body.

Although all foods give you energy still there are some foods that could help increase your energy levels fast.

If you really want to boost the Energy effectively fast then you should focus on Superfoods with Complex Carbohydrates, Proteins, Iron, Calcium and Vitamin C.

Foods with carbohydrates are good to rapidly increase body energy levels. Along with carbs, foods high in fiber, protein, or healthy fats are excellent to provide longer-lasting energy.

Ditch poor quick fixes and foods such as energy drinks, sugar candies etc. And include yourself to eating healthy food.

So next time you're drained, recharge your body's batteries with these high energy foods that give you energy fast.

10 Foods That Give You Energy Fast

1. Water

Dehydration may be the main cause behind your tiredness. Drink a recommended amount of water every single day. If you can't... try to fill the gap with some hydrating foods.

2. Herbal Tea

Stop downing dozen cups of coffee, switch to healthy herbal teas.

Herbal teas are packed with tons of health and skin benefits. Green tea has the combination of L-theanine and Caffeine which will work as the energy booster in the afternoon slump.

You may also have some sleep drinks before heading towards the bed. Sleep drinks help you to sleep better and get up refreshed the next morning.

3. Bananas

Bananas may be one of the best energy boosting food. This fruit is high in protein and an excellent source of potassium, which helps maintain nerve functions work properly.

In an interesting study of bananas vs sports drinks... Banana wins the debate. So why not to have a fresh smoothie before the workout?

4. Pumpkin Seeds

Pumpkin is a superfood known for its high amount of nutritional content. Seeds of Pumpkin are rich in Vitamin A and minerals like Manganese, Zinc, Copper, and Magnesium. These minerals are good for Bone health and body strength.

5. Hemp Seeds

Hemp seeds are considered one of the most valuable plant-based proteins out there. It is small in size but one of the best seeds to provide you energy and help you to build up stamina very fast.

Sprinkle them on your favorite salads and veggies.

6. Almonds

Almonds are an excellent source of lots of energy and memory boosting elements. It keeps your mind awake and attentive, that means the more energetic body.

Almond is also a good source of Vitamin E and Omega-3 Fatty Acids. You can easily include almonds in your diet as the world's one of delicious garnishment.

7. Walnuts

Walnuts are high in omega-3 fatty acids and linolenic acids. The presence of vitamin E, manganese, copper, and melatonin fueled it to provide you to be active and fit body all the time.

This powerful ingredient can also enhance the looks of your cuisines. It tastes best with chocolates, cakes, cookies, and other baked dishes.

8. Oats

Want to kick-start your day? Then nothing better than eating a bowl of oatmeal.

Oats are a rich source of healthy fiber and Complex Carbohydrates. Oats lower the amount of released energy from our body and save it for later.

9. Spinach

Spinach is a proven superfood with a high number of nutrients and vitamins. These green leaves are packed with various micronutrients. It has Iron, Vitamin K, and fibers that help to raise the Stamina level in the body.

You can add Spinach in your Salads, curry and side dishes.

10. Citrus Fruits

Everyone knows that Citrus fruits are known as the best source of Vitamin C. But Citrus fruits are also good to provide you the boost of energy, thanks to it's antibacterial and stamina boosting properties.

Lemons, Oranges, Grapefruit are the well known citrus fruits and you can easily take them by juice and smoothies.

Moreover, follow these 5 BIG Healthy Lifestyle rules that keep your energy levels high.

1. Develop a daily routine around healthy habits and stick with it.
2. Take proper rest and sleep better.
3. Eat Healthy food.
4. Don't miss exercise.
5. Avoid eating junk foods and poor lifestyle habits.