

FOODS THAT STEAL ENERGY

FOODS THAT PROVIDE ENERGY



THIS LIST COMPRISES 15 FOODS THAT ZAP YOUR ENERGY, BUT DON'T WORRY. WE HAVE SOME FOODS TO SUGGEST INSTEAD.

ENERGY STEALERS



WHITE BREAD



PASTA



DAIRY YOGURT



BREAKFAST CEREAL



ALCOHOL



ENERGY DRINK



WHITE RICE



RED MEAT



REFINED SUGAR



FRIED FOODS



SNACK BARS



ARTIFICIAL SWEETENERS



PROCESSED ORANGE JUICE



INDUSTRIAL SEED OILS



CAFFEINE

THIS LIST COMPRISES 15 THAT PROVIDE ENERGY.
UNLIKE THE LIST ABOVE, THESE FOODS PROVIDE A NOTICEABLE DIFFERENCE
IN SUSTAINED ENERGY.

ENERGY PROVIDERS



WHOLE GRAIN BREAD



AVOCADO



WALNUTS



CHIA & FLAX SEEDS



ALMONDS



PUMPKIN SEEDS



BANANAS



BROWN RICE & QUINOA



NUT BUTTERS



BEANS, LENTILS, & CHICKPEAS



WATER



SWEET POTATOES WITH SKIN



BERRIES



LEAFY GREENS



TOFU