

**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**