



Foods that provide an instant pick-me-up

February 17, 2:08 AM · Amy Capetta - NY Women's Health Examiner

Does this sound familiar—you're going about your busy day when all of a sudden your stamina bottoms out? (Okay, in some cases, maybe it's pure boredom!) However, nutritionists claim that fatigue and lack of energy are the common complaint among their patients. "But chances are there are some simple dietary changes to make that can help refuel and restore waning energy levels," states Ann Kulze, MD, author of *Dr. Ann's 10-Step Diet, A Simple Plan for Permanent Weight Loss & Lifelong Vitality* (Top Ten Wellness & Fitness, 2008). Find out which foods will help you over the slump and give you a quick and healthy shot of vitality:

Instant-Energy Food: Flax seeds

Why it gives you a boost: "High in omega-3 fatty acids, flax seeds give a balanced nutrition count for overall energy," states Beth Aldrich, CHC, AADP, Integrative Nutrition & Healthy Lifestyle Coach and founder of the women's health site www.ForHerInformation.com. That's because these fatty acids, also known as linolenic acid and linoleic acid, have been proven to help in energy production. These seeds also contain protein, which rises and sustains blood glucose levels, resulting in steady and robust energy levels.

How much: About two tablespoons of these seeds (which are slightly larger than sesame seeds) should do the trick.

Instant-Energy Food: Yogurt

Why it gives you a boost: "It contains the amino acid tyrosine, which not only helps you perk up but also makes you happier," says Brian Wiefering, nutritionist and fitness expert, and owner of Wiefit, one of Cincinnati's largest nutrition and fitness training programs. "The body loves tyrosine and quickly converts it to dopamine and adrenaline." He adds that yogurt also provides a shot of protein, another plus for boosting stamina.

How much: One serving (between 6 to 8 ounces)

Instant-Energy Food: Fresh brewed tea

Why it gives you a boost: "Tea provides a modest amount of energy, thanks to caffeine and super-potent antioxidants called catechins that increase blood flow in the body," says Dr. Ann. "Tea not only boosts energy, but it enhances immunity, prevents cancer, and protects against heart disease—all for zero calories!"

How much: One cup (8 ounces) of tea is all you need.



Take a tea break and your energy will reappear. (twinings.ca)

Copyright 2010 Examiner.com. All rights reserved. This material may not be published, broadcast, rewritten or redistributed.

Author



Advertisement



Health Reporter Discovers the Shocking Truth About Acai Berry.



Before you buy, see the reviews. We rank the top wrinkles creams of 2010. See who's #1!



2010's 5 best weight-loss pills - all-new ratings & reviews.



BREAKING: Scientists agree that N.O. is the safest way to build muscle fast. Click here to see how.



Until you read our reviews. Top wrinkle creams of 2010 rated for results and value. Try them now.



New state credit laws allow consumers to legally reduce debt up to 60%

 [Add Your Link Here!](#)

Amy Capetta is an Examiner from New York. You can see Amy's articles at: "<http://www.Examiner.com/x-935-NY-Womens-Health-Examiner>"