Do you feel exhausted by 10 am or 2 pm? How about that afternoon groggy feeling? When this happens to me, my first thought is….Did I eat enough protein and fiber this morning? Protein can be one component of long-lasting energy. Protein is a large molecule and along with fiber creates a longer supply of energy to our bodies. These nutrients break down slowly and keep hunger at bay. Pair a whole grain with a protein such as a wheat bagel with low-fat cream cheese or nut butter and the energy meter keeps going closer to lunchtime.

Other reasons for low energy levels could be lack of sleep, dehydration, stress, mineral or vitamin imbalance, physical in-activity, infection, hunger or overeating, and medical conditions such as chronic fatigue syndrome.

**Tips to keep the energy up all day:**

**Exercise**- Research has proven that regular exercise increases energy and reduces fatigue.

**Sleep**- Create a plan on how to get to bed sooner if you are struggling to get some needed Z’s.

**Eat Often**- Having multiple mini meals throughout the day may give you more energy and avoid those large post meal crashes.

**Avoid High Sugary Foods & Drinks**- quick sugars provide quick energy and can leave you lacking luster later in the day.

**Make Good Choices-** Research suggests that foods that may help with fatigue are lean fish with omega 3, a variety of vegetables that contain B12, Beta-carotene and Vitamin D.

**B12** foods are found in animal proteins and dairy foods.

**Beta-carotene** foods may be orange in color such as carrots, melon, butternut squash, and even green leafy vegetables like kale, spinach, and greens.

**Vitamin D** can be found in foods such as dairy products, eggs, green leafy vegetables, and fish.

**Need an extra boost?** \*Green Tea, \*Matcha Tea, or a B-Vitamin supplement can really bring your energy up to a normal functioning level; try taking your multivitamin in the afternoon or when energy is at its lowest.

***Talk to your health care provider if you are feeling unusually exhausted, visit with them on how to start new exercise regimen with recommendations on nutritional supplement.***

\*Some supplements and teas can interact with medications, do your research before starting something new.

**Sites to Check Out:**

VitaminB12 Fact Sheet (English and Spanish)

[Chronic-fatigue-syndrome](https://umm.edu/health/medical/altmed/condition/chronic-fatigue-syndrome)

[Increase Energy](http://www.health.com/health/gallery/0%2C%2C20683067%2C00.html)

[Boost-Your-Energy-Naturally](http://www.healthywomen.org/content/article/boost-your-energy-naturally?page=4&context=ages-and-stages/17&context_title)

Try these: Lean protein, fish, and grilled meats are a great addition when dining out. Try adding in spinach or kale into smoothies, and remember to get three servings of low-fat dairy throughout your day. Aim for whole grains earlier your day, load up on veggies and limit sweets and sweetened beverages to support longer lasting energy.