

# City Genesis

## Healthy Direction for Healthy Living

### Daniel Fast: Energizing Foods

- **Oatmeal**. The complex carbs in oatmeal mean it's a slow-burning source of energy. Oats also boost serotonin production which can help us manage stress and enhance learning and memory function. Load your oatmeal up with your favorite fruits: Apples, bananas, berries, etc.
- **Bananas**. One of the best foods for energy, whether frozen and blended into a smoothie, sliced onto oatmeal or eaten on the go. They're full of complex carbohydrates, vitamin B6, potassium and even a little protein.
- **Cinnamon**. Cinnamon works to keep blood sugar levels stable, therefore it also helps to stabilize your energy levels. One teaspoon of cinnamon contains as many antioxidants as half a cup of blueberries, one of the most antioxidant-rich foods.
- **Water**. Dehydration is a certain cause of low energy and even brain fog. Feel a slump? A nice tall glass of cool water might just do the trick.
- **Beans**. Whether you opt for pinto, Great Northern, red, black or Anasazi beans, or any of the hundreds of other varieties, they share a similar nutrient profile. They digest slowly, which stabilizes blood sugar. They also contain antioxidants, fiber, protein and carbs. Beans are great sources of folic acid, iron and magnesium, which help produce energy and deliver it to our cells.
- **Lentils** are tasty little legumes, rich in carbs and fiber. Just one cup of cooked lentils contains about 15 grams of fiber and 36 grams of carbs. Lentils are energy powerhouses, upping your energy levels by replenishing your stores of iron, folate, zinc and manganese. These nutrients help break nutrients down and help with cellular energy production.
- **Hummus**. Chickpeas in hummus are a good source of complex carbs and fiber, which your body can use for steady energy. The tahini (sesame seed paste) and olive oil in hummus contain healthy fats and slow the absorption of carbs, which helps us avoid blood sugar spikes.

**Source:** <https://integrisok.com/resources/on-your-health/2021/september/healthy-foods-that-give-you-energy>

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- **Dates** are high in natural sugars, so if you need a quick burst of energy mid-day, go for a handful of dates. Or, if you don't like plain dates, whip up some energy balls or oatmeal bars packed with dates and cinnamon to fight the mid-day slump. Dates contain vitamins and minerals like iron, manganese, copper, potassium and magnesium, in addition to fiber and antioxidants.
- **Brown rice** is a very nutritious, satisfying food. It's less processed than white rice which allows it to hang onto more nutritional value in the form of vitamins, fiber and minerals. Just a half-cup of brown rice packs two grams of fiber and lots of your recommended daily intake of manganese, a mineral needed for enzymes to break down carbs and proteins, turning them into energy. It's also low on the glycemic index, meaning it could help regulate blood sugar levels and promote steady energy levels throughout the day.
- **Avocados**. They're a superfood! Avocados are rich in 'good' fats, fiber and B vitamins. Around 85% of the fat in avocados is from monounsaturated and polyunsaturated fatty acids, which promote healthy blood-fat levels and boost the absorption of nutrients. About 80% of the carb content in avocados is made up of fiber, which means delicious, sustained energy.
- **Cashews** are low in sugar and rich in fiber, heart-healthy fats, and plant protein. They're a solid source of copper, magnesium and manganese which are key ingredients for energy production, healthy bones brain health and immunity.
- **Sweet potatoes** are a great source of iron, magnesium and vitamin C, a nutrient needed for energy production. Add to that a healthy dose of fiber (complex carbs) and these nutritional powerhouses are also rocket boosters for your energy level.