

The 4 B's of Energized Eating



BALANCE your macros

Combine several food groups at each meal/snack so you consume a mixture of carbohydrates, protein and fat. This gives you longer-lasting energy, increases satiety and helps keep blood sugar steady.

- Fruits, vegetables and whole grains = carbohydrate
- Protein group and dairy = protein and fat



Begin with BREAKFAST

Eat within 1-2 hours of waking to jump start your metabolism and restore blood sugar to levels needed for optimal brain function.

- If you're not hungry – did you eat too much last night?
- If you don't have time – prep breakfast the night before
- You don't have to eat "breakfast" food – any foods work as long as you follow the "balance your macros" rule



BREAK every 3 to 5

Aim to eat a meal/snack every 3-5 hours from breakfast through your waking hours to keep your blood sugar steady and your body fueled. If you're hungry before or not hungry after that amount of time, look at the meal you had prior and make adjustments.



BEVERAGES matter

Hydrate, don't over-caffeinate. Mild dehydration can affect energy, concentration, memory, and mood. Large amounts of caffeine can cause anxiety, irritability, headaches, and affect your ability to get quality sleep. Sugary drinks can spike blood sugar and add extra calories. Try plain or flavored but unsweetened water, sparkling water, and tea.

