



## Supercharge your Energy Levels

### Timing is everything

Eating at regular intervals allows your body to learn when your next meal is coming. This can help to manage feelings of hunger and sustain your energy levels.

### Breakfast boost

Eating breakfast sets you up for the day providing you with energy to face the day ahead. Porridge, omelettes, fruit and wholegrain, high fibre cereals are better choices as they provide drip fed energy over a longer period.

### Sugar steals stamina

The initial hit will provide some relief, but you'll soon be craving something else to satisfy your craving. Keep high sugar snacks to a minimum to sustain energy levels throughout the day.

### Up your iron

Low iron levels can cause fatigue and even make you faint. Leafy green veg, lean red meats and some cereals are great sources of iron.

### Keep hydrated

Around 6-8 standard glasses of water should be enough to maintain hydration levels but remember to match your needs to the environment.