



Back to School Tips to Keep Your Energy Levels High

After a relaxing summer (hopefully), September brings a crisp new air as well as new classes, crazy schedules and many after school activities. It is now more important than ever to incorporate strategies to keep your energy levels up to perform your very best.

5 Tips to Increase Your Energy Levels:

1. **Stay hydrated.** Even mild dehydration can decrease your energy levels and make you feel sluggish. It also has negative effects on your thinking and mood. Choose 8 cups of water, seltzer, or unsweetened tea to meet your needs.
2. **Avoid skipping meals.** Start your day off with a breakfast high in fiber and lean protein or healthy fat. One study found that eating fiber in the morning increases alertness throughout the morning.
3. **Choose power snacks.** A combination of complex carbohydrates high in fiber and protein will keep your blood sugars stable and your energy levels up and steady. Power snack examples—fruit with nuts or cheese, veggies with a bean dip, whole grain bread and peanut butter.
4. **Get moving!** A more active lifestyle helps you feel more energetic. Even just 10 minutes of fast paced walking daily increases energy levels for 2 hours post exercise.
5. **Sleep deep.** While it can be hard to get in those zzz's with everything on your plate, adequate sleep of 7.5 hours per night is crucial for energy and performance throughout the day.

Brain Boosting Power Lunches

1. Try a tuna sandwich on whole grain bread with a side of raw veggies. Tuna contains **omega 3 fatty acids**, which are associated improved mood and concentration. Whole grain bread is a **complex carbohydrate** that contains fiber and is burned slowly, which helps to increase concentration and attention.
2. Enjoy sandwiches with meat, chicken, turkey, or fish and salads with beans, tofu or leafy greens. These foods contain **iron** that prevents iron deficiency anemia, which is associated with fatigue and deficits in learning and memory.
3. For dessert, enjoy a piece of dark chocolate, which contains **flavonoids** that are associated with brain health.

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



Nut Butter and Berry Sandwich

Here's a healthy makeover of the classic peanut butter and jelly sandwich that is higher in fiber and lower in sugar. Works for breakfast OR lunch!

Instructions

Start with 2 slices of whole grain toast. Smear both pieces with a thin layer of a natural peanut butter. Avoid low fat varieties that contain added sugar or hydrogenated oils. Instead of a high sugar jelly, top with your favorite fruit (berries and bananas are my favorite). Close sandwich and enjoy with a side of veggies at lunch or a plain Greek yogurt at breakfast!

Our Nutritionists

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