

# EATING FOR ENERGY

## WHAT SHOULD I DO TO FIGHT FATIGUE AND FEEL MORE ENERGETIC?



## 5 WAYS TO INCREASE ENERGY AT WORK

By Jacqueline Rodriguez

We have all fallen victim to that afternoon slump at 3 o'clock. Our energy is zapped and we might reach for an energy drink to perk us up. The trouble is, those energy drinks are full of chemicals and sugar (read: horrible for your health). Here are a few other ways to boost your energy at the office.

**1. Coffee:** There's a very good reason why most offices provide their employees with coffee. Research shows it makes us more productive. However, a 2012 study found that a single cup of coffee was enough to keep sleepy drivers more alert at the wheel. Just one cup will do the trick.

**2. Get a plant:** Offices are known for being stuffy and windowless. If you get a small plant, it can help filter out volatile organic compounds and ozone in the air.

### IN THIS ISSUE

HOW IMPORTANT IS  
BREAKFAST, REALLY?

HOW SLEEP AFFECTS US:  
HOW MUCH IS ENOUGH?

WHAT PRODUCE IS IN  
SEASON NOW?







Some of the effects of those compounds floating around include low energy and headaches. Air plants require little light and only need to be watered once a week.

**3. Have some chocolate!** Two studies show the flavonoids in cocoa can help boost cognitive skills and improve mood.

**4. Take a deep breath.** Taking slow, deep breaths from the diaphragm gets your blood pumping and can also help give you a boost of energy!

**5. Smell something lemony.** Aromatherapy is said to have many benefits, but there is little research to support this. However, one study showed that lemon oil improved its subjects' moods compared to lavender and water.

## HOW IMPORTANT IS BREAKFAST, REALLY?

By Jacqueline Rodriguez

You've heard it at least 7 million times: "Breakfast is the most important meal of the day." But is it true? Studies show that people who eat breakfast will eat about 17% less than those who skip breakfasts. Others show that while eating breakfast regularly improves diet quality, it can also increase the risk of elevated triglycerides.

Overall, it seems that the benefits outweigh the risks and we should definitely eat breakfast every day. People who missed breakfast also tended to eat more calories at the end of the day and some consumed more calories from fat and sugar. Aim for lean proteins, veggies, and some whole grains!



**AVOID ALL CARB BREAKFASTS LIKE BAGELS AND CEREALS AND SWITCH TO SOMETHING LIKE AVOCADO TOAST WITH EGGS AND TOMATOES.**



# HOW SLEEP AFFECTS US: HOW MUCH IS ENOUGH?

By Jacqueline Rodriguez



The longest a person has ever gone without sleep is 11 days and 24 minutes. Randy Gardner reached this world record in 1964 without any stimulants. During the study, he experienced trouble with short term memory, concentration issues, paranoia, and even hallucinations.

We don't know how long a person can go without sleep, but studies show that people who complain about lack of sleep tend to be more neurotic, while people who generally get enough sleep have higher emotional intelligence and are more conscientious of others.

**THE NATIONAL SLEEP FOUNDATION SAYS THAT ADULTS SHOULD GET A MINIMUM OF 7 HOURS OF SLEEP.**

**PRODUCE  
THAT'S IN  
SEASON  
RIGHT  
NOW!**

