

# Self Care:

## Foods that Fuel You with Energy for the Day

at  
**HER  
BEST**

**WHAT YOU EAT, WHEN YOU EAT AND HOW MUCH YOU EAT** will affect your energy tank that fuels you throughout the day. Whether they are packed with carbs for readily available energy, or fiber and protein for a slower release of energy, these foods can help increase your power and stamina. Packed with significant amounts of nutrients, including vitamins, minerals and antioxidants, incorporating these foods into your diet is a great place to start. Buy a variety of fresh, frozen, canned or ready to eat and consider combining them for a one-two punch!

### **FRUITS**

Bananas  
Apples  
Goji berries  
Oranges  
Strawberries  
Avocados  
Frozen mixed berries for easy shakes

### **GRAINS**

Brown rice  
Quinoa

### **VEGGIES/BEANS/LEGUME [FROZEN]**

Dark, leafy green vegetables  
Sweet potatoes  
Edamame  
Beans [canned]  
Stir-fried veggies  
Lentils  
Seeds  
Beets  
Nuts

### **DRINKS**

Coffee  
Water  
Yerba Mate  
Green tea

### **TREATS**

Dark chocolate  
Popcorn

### **MEALS/SNACKS**

Oatmeal  
Mixed salad greens  
Whole grain cereal  
Whole grain pasta  
Nut Yogurts  
Hummus