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How to be Energised



Link: <https://tiny.pl/p-c58k9c2>

For many people, low energy during the week feels normal. Mid-morning crashes, afternoon slumps, reliance on caffeine — it has become part of modern life.

But sustained energy is not about willpower. It is about blood sugar balance.

When blood sugar is stable, energy is stable. When blood sugar spikes and crashes, so does your energy.

This guide explains why that happens — and how to fix it.

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- The Hidden Controller of
Your Energy

Blood Sugar Balance

Your body can only handle one to two teaspoons of glucose in the bloodstream at any one time.

Every time you eat, blood sugar rises.
This triggers the release of insulin.

Insulin's job is to move sugar out of the blood and into the cells.

When this system works smoothly, energy is steady.
When it doesn't, you experience the blood sugar rollercoaster.

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Refined Carbohydrates: Not Just Sugar

It's not only sugary foods that spike blood sugar.

Refined carbohydrates such as:

- White bread
- White pasta
- White rice

These behave like sugar in the body.

This is why a large pasta or sandwich-based lunch often leads to feeling tired or sleepy soon after.

Stimulants and Energy Crashes

Alcohol disrupts blood sugar levels.

Tea and coffee also impact blood sugar regulation.

While caffeine may provide a temporary lift, it contributes to instability.

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• Why This Matters

Balancing blood sugar levels is key to maintaining consistent energy.

If your diet is high in:

- Sugar
- Stimulants
- Refined carbohydrates

Your pancreas must work hard to produce insulin.

Over time, the pancreas can become exhausted. This may lead to chronically high blood glucose levels.

Long-term, this can contribute to diabetes.

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• Foods That Support Energy

Foods That Give You Energy

- Quality protein: chicken, fish, lean meats, eggs
- Smart carbohydrates: brown rice, quinoa, chickpeas, lentils
- Fruits and vegetables
- Healthy fats: avocados, nuts, seeds

These foods help maintain balanced blood sugar and sustained energy.

Foods That Zap Your Energy

- Sugar
- Caffeine
- Alcohol
- Refined carbohydrates
- Processed foods

These promote spikes and crashes.

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• Practical Ways to Improve Energy

Snack Ideas for the Office

- Protein smoothies
- Two mashed eggs on oatcakes
- Homemade or shop-bought protein bars
- Chopped fruit and nuts
- Celery with nut butter
- Sushi and edamame
- Yoghurt with fresh fruit
- Houmous with chopped vegetables
- Guacamole with pitta bread



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Smart Food Swaps

- White pasta → Whole wheat
- Jacket potato → Sweet potato
- White rice → Brown rice or cauliflower rice
- Fruit juice → Whole fruit
- White bread → Rye, sourdough or wholemeal
- Sugary energy drinks → Protein smoothies
- Coffee → Caffeine-free tea alternatives
- Chocolate bars → Raw chocolate
- Crisps → Root vegetable crisps or popcorn

Small swaps create more stable blood sugar — and more stable energy.

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• Nutrients for Energy

Iron

Iron supports oxygen transport throughout the body.

It delivers oxygen to muscles and organs, fueling energy production.

Low iron may cause:

- Persistent fatigue
- Shortness of breath
- Pale skin
- Weakened immunity

Sources include:

- Meat, poultry, fish, eggs
- Beans, peas, lentils, tofu
- Whole grains (quinoa, oats, whole grain bread)
- Dark green vegetables (spinach, beet greens)



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CoQ10

Coenzyme Q10 is required by every cell. It helps generate cellular energy by supporting ATP production.

Vitamin B12

B12 helps form red blood cells. It converts fat and protein into energy. Deficiency may cause tiredness and anaemia.

B12 is also a co-factor for serotonin.



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- Conclusion

Sustained energy is not about more caffeine.
It is about stable blood sugar.

When you balance your blood sugar:

You reduce crashes.

You improve focus.

You maintain steady energy throughout the
day.

Energy control starts with what you eat.

Balance your blood sugar.

Support your nutrients.

Fuel your cells properly.

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