

# BOOSTING ENERGY

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## EAT TO BOOST YOUR METABOLISM

Metabolism is the rate at which we convert calories into energy, which includes how we convert food to fuel, and **how efficiently we burn it**. Metabolism is not simply tied to weight gain and loss, but defines our hormonal balance, energy level, mental acuity, and temperature control. Metabolism is influenced by our age, sex, and proportion of lean body mass. Our bodies burn calories using carbohydrates, fat or protein.

## EAT PROTEIN

The body burns twice as many calories digesting high protein foods vs. high carbohydrate foods (i.e. avocado, eggs, nuts, seeds, olive oil, coconut oil, etc.).

## BALANCE BLOOD SUGARS BY EATING PROTEIN & HEALTHY FAT WITH CARBOHYDRATES

The combo matters. For example, eating oatmeal with nuts and chia seeds on top. By eating adequate protein/healthy fats with carbs, it prevents a spike in blood sugar causing energy highs and lows, contributing to weight gain and potentially leading to an inflammatory response in the body.

## DRINK LOTS OF WATER

Water is necessary for every function in our bodies! This is the most underrated, easiest thing we can do to attain healthy metabolic function. Water in your body is the equivalent to gas in your car. Drink ~ 1 liter or 34 ounces / 50 lbs. of body weight to stay hydrated.

## LESS IS MORE WHEN IT COMES TO CONSUMPTION

You do not need excess food at every meal, just because. It is also okay to let your body become hungry. You can eat 5 or 6 small meals spread across the day or 2 larger meals, it is up to you what works for your body. There is research to show the benefits of eating different ways when it comes to metabolism - the rate at which we burn fat, cell turnover, and overall health and longevity! If you are extra hungry, focus on protein, healthy fats and veggies as opposed to carbs and sugars. Try different things and focus on quality and quantity regarding food choices.

## EAT FRUITS AND VEGETABLES

These should be the main source of carbohydrates in your diet as they are needed for quick energy and have a plethora of nutritional benefits.

## GET MOVING AND BUILD MUSCLE

Each extra pound of muscle burns up to 50 additional calories per day for simple maintenance.

## SLEEP A LOT

Aim to go to bed between 9 and 10 pm, the earlier hours count more. However, if you can improve your sleep habits, do it.

\*Look into lab work/supplementation if needed, and remember not all supplements are created equal.

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