



## GOAL SESSION 6 NUTRITION FOR ENERGY

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Sugar can put us on a rollercoaster of energy spikes and drops. It can also add to belly fat

Caffeine can give us headaches, can take 12 hours to totally leave your body

Cortisol helps us with our sleep. It is a great hormone in small amounts. Ways to help keep cortisol levels balanced include plenty of fruit, vegetables, nuts, seeds, beans and pulses, breathing and relaxation, gentle movement, good quality sleep and hydration.

How colourful is each meal?

Make changes slowly and gently.

### Tryptophan rich foods (for sleep)

- Almonds
- Oats
- Nuts
- Seeds
- Tofu
- Turkey
- Salmon

### Iron rich foods (healthy blood and energy)

- Spinach
- Nuts and seeds
- Legumes (beans and pulses)
- Quinoa
- Shellfish

Always try and eat colourful foods, this should give you a range of vitamins and minerals from fruit, vegetables, nuts, seeds, beans, pulses, whole grains etc

### SUGAR SHOCK FUNNIES™: Blood Sugar Rollercoaster

