



# MORE ENERGY FOOD SWAPS

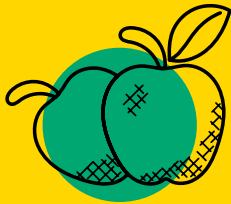
## MENU

- Caffeinated Beverages
- Snacks
- Drinks
- Breakfast
- Dinner

## CAFFEINATED BEVERAGES


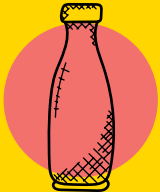

Swap this →	For this	Food source	How these foods effect your mood
<p><b>Caffeinated coffee</b> <i>Black coffee</i> 4kcal</p> <p><b>Caffeinated tea</b> <i>Black tea</i> 2kcal</p> <p><b>Energy drinks</b> <i>Monster Energy,</i> 237kcal (500ml) <i>Red Bull,</i> 115kcal (250ml)</p>	<p><b>Decaffeinated tea or coffee</b> <i>Decaf tea or coffee,</i> 4kcal</p>  <p><b>Water or diluted no added sugar squash</b> <i>Water, 0kcal, no added sugar squash, 4kcal</i></p> 	Beverages	<p>Caffeine consumption can reduce levels of magnesium (needed for energy production) and metabolism-boosting B vitamins from the body.</p> <p>Whilst caffeine acts as a stimulant which can improve feelings of alertness and reduce fatigue, after a quick burst of energy, it can make you feel anxious and depressed, particularly in people who are not used to consuming caffeine.</p> <p>It is important to keep hydrated. Dehydration can result in fatigue and tiredness, headaches and poor concentration.</p> <p>Aim to drink about 8 glasses of fluid decaffeinated fluid daily.</p>

## SNACKS

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<p><b>Chocolate bar</b> <i>Galaxy, 229kcal,</i> 23g sugar (42g) <i>Cadbury Dairy Milk,</i> 240kcal (45g)</p> <p><b>Iced doughnut</b> 251kcal, 25g sugar (58g)</p>	<p><b>Piece of fruit or portion of nuts</b> <i>Apple, 50kcal</i> <i>Banana, 90kcal</i> <i>Both contain naturally occurring fruit sugar</i></p> 	Fibre found in fruit and nuts	<p>Sugar will provide a short burst of energy, but this will be swiftly followed by a 'low' period when blood sugar levels crash. This can lead to irritability and increased food cravings.</p> <p>Fruit contains fibre which slows absorption of sugar, therefore stabilising blood glucose levels. Fibre increases serotonin which is a messenger chemical in the brain, which improves mood and how we feel.</p> <p>Eat healthy snacks throughout the day such as fruit, raw vegetables, yoghurt, nuts, seeds to keep blood sugar levels stable and metabolism functioning smoothly.</p>


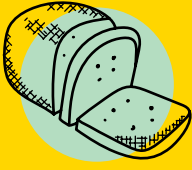
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## DRINKS


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<p><b>Energy drink</b> <i>Monster Energy, 237kcal, 55g sugar (500ml)</i></p> <p><b>Red Bull</b> <i>115kcal, 27g sugar (250ml)</i></p> <p><b>Cola</b> <i>Coca-Cola, 139kcal, 35g sugar (330ml)</i></p> <p><b>Milkshakes</b> <i>Frijj Chocolate Milkshake 300kcal, 40g sugar (400ml)</i></p>	<p><b>Water</b> <i>0kcal, 0g sugar</i></p>  <p><b>No added sugar squash</b> <i>3kcal, 0g sugar</i></p>  <p><b>Semi-skimmed milk</b> <i>200kcal, 19.2g sugar which is the naturally occurring lactose</i></p> 	Beverages	<p>Sugar will provide a short burst of energy, but this will be swiftly followed by a 'low' period when blood sugar levels crash.</p> <p>This can lead to irritability and increased food cravings.</p>

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## BREAKFAST

Swap this →	For this	Food source	How these foods effect your mood
<b>30g sugar-frosted corn flakes</b> 105kcal, 11.5g sugar	<b>30g wholegrain cereal</b> 100kcal, 6g sugar 	B Vitamins in fortified foods including wholegrains cereals, bread and pasta, brown rice, animal protein foods such as meat/ fish, eggs, dairy, bananas, leafy greens, nuts and seeds	B Vitamins provide the body with energy. Deficiency results in tiredness and feeling depressed and irritable.  The wholegrains, bananas, nuts, seeds and leafy greens also contain fibre which slows absorption of sugar, therefore stabilising blood glucose levels.  Fibre increases serotonin which is a messenger chemical in the brain, which improves mood and how we feel.
<b>50g honey crunch cereal</b> 221kcal, 11.0g sugar	<b>Boiled egg with a medium slice of wholegrain bread</b> 159kcal, 1.2g sugar 		

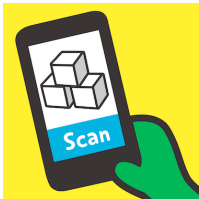
## DINNER

Swap this →	For this	Food source	How these foods effect your mood
<b>Pepperoni pizza and oven chips</b> 1/2 pizza, approx 400kcal + chips (125g) 260kcal = 660kcal total	<b>Chicken liver, green beans and boiled new potatoes</b> 169kcal (100g liver), 15kcal (60g beans), 74kcal (100g potatoes) = 258kcal total 	Iron in red meat, poultry, fish, beans, pulses, fortified cereals	Low levels of iron which results in low levels of oxygen carrying haemoglobin in the blood is a cause of anaemia.  When anaemic you are likely to feel weak, tired and lethargic all the time.  Avoid drinking tea with meals.  Have a vitamin C containing drink to increase iron absorption rather than drinking a cup of tea with meals.

**Small regular meals and healthy snacks help maintain energy levels and mood, whilst decreasing tiredness and irritability.**

**MORE ENERGY**  
**FOOD SWAPS****HELPFUL TOOLS****Easy Meal App**

Easy Meals is a free app where you will find delicious, easy meal ideas if you're ever short of inspiration. Search recipes by meal time and create shopping lists.

**Food Scanner App**

Download the Change4Life Food Scanner app to bring labels to life and find out what's really in the food and drink you're buying.

**Drink Free Days App**

Drink Free Days is a simple and easy way to track the days you drink alcohol and the days you don't.