





MORE ENERGY Food Swaps Fact Sheet





Food type	Swap this	Kcal	For this	Kcal	Food source Vegetarian in green	Why swap and how these foods affect your mood? Key nutrients in blue
Caffeinated beverages	Caffeinated coffee, Caffeinated tea Energy drinks	4kcal (black coffee) 2kcal (black tea) 237kcal (500ml Monster Energy) 115kcal (250ml Red Bull)	Water, decaffeinated tea or coffee, diluted no added sugar squash 	0kcal (water) 4kcal (decaf tea or coffee or no added sugar squash)	0kcal (water) 4kcal (decaf tea or coffee or no added sugar squash)	Caffeine consumption can <u>reduce</u> levels of magnesium (needed for energy production) and metabolism-boosting B vitamins from the body. 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. It is important to keep hydrated. Dehydration can result in fatigue and tiredness, headaches and poor concentration. Aim to drink about 8 glasses of fluid decaffeinated fluid daily.
Sugary snacks	Chocolate bar, iced doughnut	229kcal & 23g sugar (42g Galaxy) 240kcal (45g Cadbury Dairy Milk) 251 & 25g sugar (58g doughnut)	Piece of fruit; portion of nuts 	50kcal (apple) 90kcal (banana) both contain naturally occurring fruit sugar	Fibre found in fruit and nuts	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. 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. Eat healthy snacks throughout the day such as fruit, raw vegetables, yoghurt, nuts, seeds to keep blood sugar levels stable and metabolism functioning smoothly.

Public Health Suffolk 2019 (3 pages). Found on Eat Well webpage and resources webpage. www.suffolkehowareyou.co.uk

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Sugary drinks	Energy drink, e.g. Monster Energy Red Bull Cola Milkshakes	237kcal & 55g sugar (Monster Energy 500ml) 115kcal & 27g sugar (Red Bull 250ml) 139kcal & 35g sugar (330ml Coca-Cola) 300kcal & 40g sugar (400ml Friji chocolate milkshake)	Water  No added sugar squash Semi-skimmed milk	0kcal, 0 sugar (water) 3kcal, 0 sugar (no added sugar squash) 200kcal & 19.2g sugar which is the naturally occurring lactose (semi-skimmed milk)		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.
Breakfast	30g sugar-frosted corn flakes	105kcal & 11.5g sugar	30g wholegrain cereal 	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	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.

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Breakfast	50g honey crunch cereal	221kcal & 11.0g sugar	<p>Boiled egg with a medium slice of wholegrain bread</p> 	159kcal 1.2g sugar	<p>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</p>	<p>B Vitamins provide the body with energy. Deficiency results in tiredness and feeling depressed and irritable.</p> <p>The wholegrains, bananas, nuts, seeds and leafy greens also contain fibre which slows absorption of sugar, therefore stabilising blood glucose levels.</p> <p>Fibre increases serotonin which is a messenger chemical in the brain, which improves mood and how we feel.</p>
Dinner	Pepperoni pizza and oven chips	About 400kcal (1/2 pizza) and about 260kcal (125g chips) = 660kcal total	<p>Chicken liver, green beans and boiled new potatoes</p> 	169kcal (100g liver), 15kcal (60g beans), 74kcal (100g potatoes) = 258kcal total	<p>Iron in red meat, poultry, fish, beans, pulses, fortified cereals</p>	<p>Low levels of iron which results in low levels of oxygen carrying haemoglobin in the blood is a cause of anaemia.</p> <p>When anaemic you are likely to feel weak, tired and lethargic all the time.</p> <p>Avoid drinking tea with meals.</p> <p>Have a vitamin C containing drink to increase iron absorption rather than drinking a cup of tea with meals.</p>