

# Feeling Tired? 6 Diet Tips to Maximise your Energy

01



## Eat a variety

Eat lots of different healthy foods to get all the nutrients your body needs to function properly.

02



## Have regular meals

Don't skip meals and try to avoid having heavy meals that make you feel sleepy.

03



## Keep hydrated

Choose mostly water and remember to have extra fluids if you're active or it's hot outside.

04



## Eat iron-rich foods

Include foods like meat, poultry, legumes, whole grains, dark green leafy veg and fortified cereals.

05



## Enjoy 'good carbs'

These provide healthy energy to fuel your body throughout the day e.g. starchy veg, fruit and whole grains.

06



## Drink smart

Limit alcohol and avoid caffeine later in the day as they can get in the way of a good night's sleep.

## Don't forget a healthy lifestyle to keep tiredness at bay...

Get enough sleep (7-9 hours is recommended for most adults) · keep active every day · manage your stress levels · maintain a healthy body weight ·