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How do bacteria get food and energy

1/10 Stokkete / ShutterstockNodding off to meetings? Take a nap this afternoon? While getting inadequate sleep and not being able to exercise can contribute to feeling sluggish, what you eat will help you with more of your energy levels than you may realize. Technically speaking, all food provides fuel to your body, but the food that gives you energy contains a higher percentage of protein, vitamins, fiber and complex carbohydrates needed to maintain that energy throughout the day. Next, don't miss these 30+ protein-packed snack recipes. 2/10 DONOT6 STUDIO/ShutterstockAdding a healthy dose of complex carbohydrates, brown rice is a good source of magnesium. Only one cup provides 25 percent of the daily magnesium needs for women and 20 percent of the amount recommended for men. Low magnesium levels hinder the body's metabolism, so dig it into a Brown Rice Chutney salad to spice up your energy and your taste buds. 3/10 Kayo / ShutterstockYogurt is also high in magnesium, which is essential for releasing energy. High levels of calcium and vitamin B are an added bonus. Work with yogurt on your diet to replace sour cream and thickener with chilled soups, or start your day with Mango Smoothie. 4/10 barmalini / ShutterstockHigh protein content in beans helps stabilize blood sugar levels throughout the day. High levels of vitamin B help the body turn food into energy. Widely available and inexpensive, beans are an easy way to introduce energy-boosting meals into your diet. Take the &#amp;Color Corn container Black Bean salad to work with, or cook some hearty baked beans for dinner. 5/10 Margouillat photo /ShutterstockA handful of almonds can just be the perfect snack. Nutrient rich and boasting healthy unsaturated fats, nuts are also packed with protein. But don't overindulge-nuts are high in calories too. Moderate help with coconut almond Granola would be a great way to start the day. 6/10 HelloRF Zcool/ShutterstockThe best known is packed with vitamin C, oranges also contain a lot of potassium and folic acid. Oranges dole out energy over time, so try this Strawberry-Orange Spinach salad with roasted walnuts for lunch and you may be able to avoid wanting a mid-afternoon nap. 7/10 Sunny Forest / ShutterstockSpinach is considered a superfood for good reason. An all-around nutrition powerhouse, spinach is an excellent iron source that helps fight fatigue and increases mental and physical endurance. Tyrosine spinach also helps improve alertness, so if you have a final exam or heated round of Trivial Pursuit in the near future, fill with orange Vinaigrette Spinach salad (vitamin C oranges will help increase iron absorption). 8/10 Zadorozhnyi Viktor / ShutterstockSSEr energy, combine coffee, energy drinks and sugary limones and brew yourself a cup of green tea. It doesn't contain caffeine, but not as much as coffee, which helps you get a boost without buzz. One of the real benefits seems to be from the amino acid, which has been shown to increase spiritual alertness. Drink it hot or turn it up at Iced Melon Moroccan Mint Tea. 9/10 Through Taste of Home (It's pronounced keen-wah.) If you haven't jumped into the kinoa bandwagon, jump now. Full of protein, amino acids, magnesium, folic acid, manganese and more, it could be the easiest whole grain, seed, to really -add to your diet. It cooks in minutes and provides a long-lasting energy boost. If you need inspiration, try these 20 quinoa recipes. 10/10 Kudla/Shutterstock Keep your energy going for these tips: Avoid consuming overly processed and artificial foods, refined sugars or energy drinks that give you a momentary boost but send you crashing later. Eat a balanced diet. Consume food that is in season and grown locally. Stay hydrated all day. Follow regular training procedures. Sleep well. Real energy comes from real food. Perform your best by eating foods that keep your energy going day in and day out. Originally published as January 10, 2019Registd-up recipes from your inbox, Taste home is an American #1 cooking magazine. Written by Alina Petre, MS, RD (NL) - Updated on February 5, 2018It's normal for your energy levels to rise and drop slightly during the day. Various factors can affect this natural ebb and flow. These include sleep and stress levels, your physical activity and the foods you eat. Generally, having a meal or snack tends to tank your tank, helping you feel more energetic. However, some foods may actually zap your energy. This article lists seven foods that have the potential to drain your energy. Part of PinterestGrains is rich in carbohydrates that provide the body with a good energy source. However, processed grains like those found in white bread, white pasta and white rice can actually cause more harm than good when it comes to your energy levels. This is partly because the fiber containing the outer layer of the blade, known as bran, is removed during processing. Therefore, processed grains contain lower fiber and tend to digest and absorb faster than whole grains (1). For this reason, a meal or snack rich in processed grains generally generates a rapid increase in blood sugar and insulin levels, followed by a drop in energy. In contrast, whole grains can help you regulate your blood sugar levels and keep your energy constant throughout the day (2). Processed grains also lack another important part of the grain: contains many important nutrients that can also play a role in maintaining your energy levels. For example, it is particularly rich in B vitamins, which the body can use to generate energy (3). Therefore, avoiding processed grains or replacing them with whole grain alternatives can give your body more nutrients and avoid energy peaks and runs. Summary Processed grains are found in foods such as white bread, white pasta and white rice. They contain less nutrients and may levels, both of which can drain your energy level. Many foods on the market are loaded with added sugars, which too often, consumed, can take a toll on your energy level. For example, many people consider breakfast cereals an important part of a healthy and energy-giving breakfast routine. However, many varieties actually fail to provide the expected energy-saving start to the day. This is because most breakfast cereals contain very little fiber yet in significant amounts of added sugars. In fact, sugars account for as much as 50% of all carbohydrates found in many popular breakfast cereals (4, 5, 6, 7). This combination of high sugar and low fiber content can spike blood sugar and insulin levels, leading to energy growth, followed by a crash. What's more, some studies suggest that eating foods high in added sugars can increase the likelihood you'll crave other sugary foods, potentially creating an energy-dwindling cycle (8). To avoid the energy-zap effect of sugar-filled cereals, choose varieties containing at least 4 to 5 grams of fiber per serving without added sugar. Other popular breakfast foods that tend to contain high added sugars include flavored yogurts, juices, muffins, granola bars and even certain types of bread. If you're looking to keep your energy levels high, you'll likely benefit from avoiding them or finding fewer sugary alternatives. Summary Foods that contain large amounts of added sugars can zap your energy levels, not increase them. They can also increase your appetite for other sugary foods, which can create a vicious, energy-draining cycle. Alcohol is known for its relaxing effects. In fact, many people realize that having a little alcohol for dinner or in the evening tends to help them sleep more easily. While this may seem positive, it may not be so. This is because alcohol can actually reduce the quality and duration of sleep, generally leading to less restful sleep (9). Therefore, while alcohol may help you feel more relaxed or sleep more easily, depending on the amount of time you consume it can actually drain your energy, causing you to wake up the next morning feeling less rested. Low to moderate alcohol consumption does not seem to have much influence on your sleep quality or duration. Only large amounts of alcohol seem to drain energy in this way (10). Therefore, to avoid the effects of energy drain on alcohol, make sure to keep your intake to a low to moderate level. It is defined as one or less standard drinks per day for women, and two or fewer drinks for men. One standard drink is the equivalent of 12 ounces (355 ml) of beer, 5 ounces (148 ml) of wine or 1.5 ounces (44 ml) of spirits. Summary Consuming too much alcohol, especially around bedtime, can reduce the quality and duration of your sleep, likely causing you to feel more tired the next day. When consumed in moderation, coffee can have a positive physical and mental effect. For example, studies show that may help to reduce the risk of neurodegenerative diseases such as Alzheimer's and Parkinson's disease by 26-34% (11) (12). A review of 18 studies also reported that every cup of coffee a person consumes per day may reduce their risk of developing type 2 diabetes by up to 7% (13). Caffeine, a stimulant of coffee, has also been reported to create a short-term boost in energy and brain function, which many people rely on when they feel tired (14, 15). This means that regular drinking of coffee causes the body to build tolerance, which reduces the power of its effects. More importantly, regularly relying on coffee instead of getting a proper diet or sleep can drain your energy over time (16). Too much caffeine can also negatively affect sleep quality, which can reduce your energy level in the long run (17, 18). Those who consume coffee should limit their intake to about four cups a day (19). Summary If consumed moderately, coffee can increase energy levels and provide a number of additional benefits. However, regularly relying on coffee to increase your energy levels, rather than proper nutrition and sleep, can backfire in the long run. There is no denying that energy drinks can give you a short-term energy boost. In fact, several studies show that energy drinks can increase concentration and memory by about 24%, in addition to reducing sleepiness (20, 21, 22). Energy drink manufacturers contain a cocktail stimulating ingredients in their composition. However, researchers attribute the most energy-boosting effects to the sugar and caffeine these drinks contain (23). When it comes to sugar, many energy drinks contain ridiculously large amounts - sometimes as much as 10 teaspoons (52 grams) per container. As mentioned above, consuming large amounts of added sugars can cause your energy spikes, then drop sharply, potentially causing you to feel more tired than you did before consuming a drink. In addition, as in the case of coffee, those who regularly consume energy drinks may be tolerant of the tecofeine they contain. This means that the drinker must consume ever larger quantities in order to experience the same energy-boosting effect (24). In addition, some studies show that energy drinks can reduce the duration and quality of sleep. If this happens too often, assume that it will reduce your energy level (25). It is also worth noting that energy drinks sometimes contain significantly more caffeine than the same amount of coffee. For example, 5-Hour Energy contains 200 mg of caffeine per 1.93 ounces (57 ml). That's about four times as much caffeine as you find in the same amount of coffee. This can cause some energy drink consumers to exceed the recommended daily limit of 400 mg of caffeine, which can cause nervousness, anxiety and palpitations. It can also worsen panic attacks (17, 18, 19). Summary energy drinks can provide a short-term boost to energy levels. However, their high sugar content Caffeine content can reduce the duration and quality of your sleep and cause your energy levels to crash, leaving you feeling drained. Fried and fast food can also drain your energy. This is because they are generally high in fat and low in fiber, two factors that can slow down their digestion. Slower digestion can reduce the speed at which energy-boosting nutrients enter the body, delaying the energy growth you can generally expect after a meal (26). In addition, fried and fast foods tend to be low in vitamins, minerals and other essential nutrients. Nutrient-rich foods help increase and maintain your energy levels, but eating fried and fast foods too often can displace them from your diet. Consuming too many fatty foods at once can also cause you to feel too full. In some cases, it may zap your energy or desire to do something in the next few hours. Summary Fried and fast food is often low in nutrients, high in fat and low in fiber. They can slow down your digestion and displace energy-boosting nutrients from your diet, potentially draining your energy levels in the long run. When snack time rolls around, some people choose low-calorie versions of their favorite foods, believing they are a healthier option. However, including too many of these foods in your diet can lead you to eat an inadequate number of calories throughout the day, which can seriously reduce your energy levels. Calories are the unit of measure used to estimate how much energy food provides to the body when it is passed down. The body uses calories to maintain basic functions such as breathing, thinking and heartbeat. Calories are also consumed by the age you spend moving throughout the day, including calories burned through exercise. Regularly providing your body with significantly fewer calories than it requires can create hormonal imbalances and slow down your metabolism, leaving you feeling drained (27, 28). Eating too few calories in meals or snacks can also increase appetite. This can lead you to eat the next meal, leaving you too full and sluggish (29, 30, 31). Summary Low calorie foods are not effective in increasing your energy levels. They can also cause you to consume fewer calories a day than your body needs, disrupting your hormone balance and metabolism, and leaving you feeling drained. Eating and drinking is generally considered effective ways to increase your energy levels. But what you eat is important. Specifically, the seven foods and drinks listed above are more likely to drain your energy tank than fuel it back up. Consuming such foods rarely or moderately is unlikely to have a long-term negative effect. However, if you have consistently low energy levels, you may benefit from avoiding these foods completely. Instead, try one of these 27 foods that can give you more energy. Food Fix: Foods That Beat Fatigue