



Nutrition & Fatigue

It's completely normal to feel tired after lunch. This is partly to do with our circadian rhythms, but we can take steps to support the body to stay energised and minimise the afternoon slump. Here are some tips to keep you going:

1. *Hydration, hydration, hydration*

- Did you know dehydration affects your ability to concentrate?
- Sip little and often throughout the day.
- Flavour water with fruit to make it more interesting; why not try lime and mint or orange and blueberries.
- Herbal teas are a great way to stay hydrated, green tea can be a great afternoon boost as it has both caffeine and a wide variety of minerals.

2. *Snack healthy to keep your energy high*

- Keep a jar of raw, unsalted pumpkin seeds on your desk to munch when you need a snack.
- A small handful of pumpkin seeds = 1 portion.
- You may be able to improve the quality of your sleep due to the high levels of magnesium and tryptophan in pumpkin seeds. Magnesium helps the muscles to relax which can help to improve the quality of your sleep.

3. *Support your digestion*

- Opting for a lunch which has ingredients that are easy to digest can help to reduce the afternoon slump so that your body isn't expending lots of energy to digest your food.
- To stay energized and feeling full for longer, build your lunch around high-quality protein combined with fibre-rich whole grains, vegetables, and fruits.
- Include some healthy, unsaturated fat.

4. *Energising smoothie*

- Eating a healthy balanced diet high in vegetables will help to keep your energy levels up.
- This smoothie is a great way to get some extra nutrients into your diet.

Ingredients:

- 2 large handfuls of spinach or kale
- 1 apple
- Small piece of fresh ginger root
- 2" piece of cucumber
- 1 avocado
- 10 raw almonds
- 1" piece of lemon
- Water (the amount will depend on the consistency you like your juice to be)

Method:

1. Remove the skin and pip from the avocado
2. Simply put all of the ingredients into a blender and blend until combined