

HOW TO KEEP ENERGY HIGH ALL DAY

LISTEN FOR HUNGER SIGNALS BEYOND YOUR STOMACH

Feeling tired, foggy brains and low moods can be just as much a signal to eat as hunger. Pay attention to when you need to refuel!



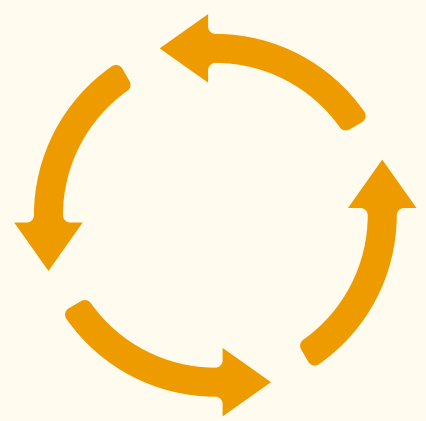
COFFEE IS NOT A MEAL



Using caffeine as a pick-me-up is fine, but not if it replaces all the energy you would have had from eating a meal.

EATING REGULAR MEALS KEEPS YOU GOING

3 a day is fine! Many people also do better with top-up snacks during the day. 1-2 meals is probably not optimal if you work out.



RESPOND TO CRAVINGS APPROPRIATELY



Sometimes a craving is just that - a craving. Other times it's a signal your body is needing some extra fuel. Eating a small meal might actually be a healthier choice (and better for your diet)!