

# 10 Superfoods That Will Boost Your Energy

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## OATS



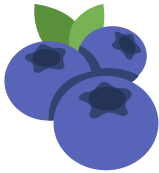
These are arguably the most perfect superfood because they're high in fiber, protein, potassium, magnesium and other minerals. Oats are best eaten at breakfast because the fiber they contain is digested slowly, which stabilizes blood sugar levels all day.

## QUINOA



This gluten-free grain has more protein than any other grain or rice. It's so rich in amino acids (such as lysine, cysteine, and methionine) that it's actually considered a complete protein (generally, complete proteins are only found in animal products). The amino acids help with muscle repair after exercise, while the folate, magnesium, and phosphorus in quinoa support energy levels.

## BLUEBERRIES



In addition to being loaded with powerful antioxidants and energy-boosting carbs, blueberries contain vitamins A and C, folate, potassium, magnesium and fiber. Research suggests that these nutrients, along with the phytochemicals in blueberries, boost immune function and lower depressive symptoms by stopping the buildup of free radicals.

## SALMON



Loaded with anti-inflammatory omega-3 fatty acids (in particular, docosahexaenoic acid, or DHA, and eicosapentaenoic acid, or EPA) that improve heart health. Salmon's energy-boosting effects are related to improved metabolism, including the more efficient use of oxygen in the body during exercise.

## AVOCADO



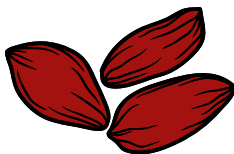
A source of healthy fats, avocados are full of fiber, potassium, vitamins A and E, and folate. They're also a good source of an omega-3 fatty acid called alpha-linolenic acid, which improves the metabolic aspects of heart health including levels of oxidative risk factors, blood fat levels and inflammatory markers.

## TURKEY



Not only is it low in fat and a good source of protein, but turkey contains the amino acid tyrosine, which elevates levels of dopamine and norepinephrine, brain chemicals that keep you more alert and focused. It also contains vitamins B6 and B12, which have been shown to ease insomnia and depression and boost energy.

## GOJI BERRIES



Goji berries are believed to increase bloodflow, causing energy-enhancing oxygen to flow more freely throughout the body. These bright orange-red berries are concentrated sources of antioxidants

## ALMONDS



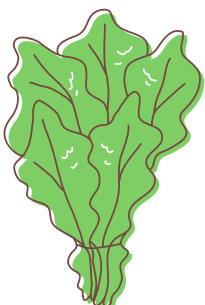
Packed with protein and fiber, almonds also contain calcium, potassium, phosphorus and vitamin E. What's more, they're a rich source of magnesium, which plays a key role in converting sugar into energy. Having low levels of magnesium in your body can drain your energy and cause sleep problems and leg cramps.

## LENTILS



These legumes are powerhouse sources of low-fat protein, fiber, iron, potassium, zinc and folate. They're also rich in selenium, a mineral that may be a natural mood enhancer; studies have linked low selenium levels to poorer moods and lower energy levels. The fiber in these petite legumes stabilizes blood sugar.

## KALE



Loaded with vitamin C, vitamin A, calcium, iron, and potassium, this leafy green vegetable is also a solid source of protein and fiber—and it's very low in calories. In addition, it's packed with flavonoids, phytochemicals with antioxidant properties, which is why kale earns one of the highest ORAC ratings among vegetables.