1. Eat Smaller Meals More Often
Smaller meals spread throughout the day instead of 2 or 3 meals will help keep energy and sugar levels stable, ward off hunger pains, and maximize your metabolism.

2. Yogurt
An 8 ounce serving of yogurt not only provides the mineral calcium, but potassium as well. Both of these minerals are vital to high energy levels. Yogurt also provides a good dose of probiotics (good bacteria) to keep your immune system healthy. In addition, the protein found in yogurt helps keep energy levels up between meals.

3. Eggs
Egg whites are fabulous for protein, but the yolks have their value too. The yolks provide some nutrients that aren’t always so easy to get otherwise, such as vitamin D, vitamin E, and folic acid. Have omelets for breakfast, or add chopped eggs to your salads.

4. Keep the Carbs
It is a fact that carbs are the preferred energy source for the body. If your carbohydrate intake is too low, your energy levels suffer, especially if you are an avid exerciser. To consume the healthiest carbs, eat fruits, vegetables, and plenty of whole grain bread and cereal products.

5. Beets and Spinach
Yes, really! These two vegetables provide for the highest amounts of iron from the vegetable group. Iron is an important mineral that the body needs to help the red blood cells deliver oxygen to the body. Add raw spinach and beets to your salad, or think like Popeye and eat cooked spinach.

6. Eat Breakfast
One of the best ways to start your day off strong, is to eat breakfast. An ideal breakfast would be a whole grain piece of toast, eggs, yogurt, and a piece of fruit.

7. Water
You can’t always blame your food or sleeping habits on your lagging energy levels. If you aren’t getting enough water your body and your mind both slow down. Drink water with your meals and plenty of it between meals.

8. Omega 3 Fatty Acids
Omega 3 fatty acids are essential fats that your body needs to help stay energized. Think salmon, tuna, flax, walnuts, and soy. Fish oil capsules are a great way to boost your intake.

9. How About Some Vitamin B-12?
Like iron, vitamin B-12 is essential for preventing fatigue and weakness. Sources in the diet include: beef, chicken, pork, turkey, eggs, fish, and dairy. This is where a vegan vegetarian can struggle. Try and take a multivitamin daily to help supply this vital vitamin.

10. Tea
Coffee is a classic go-to when someone needs caffeine, but consider replacing that habit with tea instead. Green tea not only provides some mild caffeine lift, it has an amino acid known as L-theanine that can improve memory, reaction times, and alertness. In addition, tea is loaded with antioxidants.