

Ask the EXPERTS

We put your fitness, health and nutrition questions to our panel of experts...

insider **TIPS**

Q What are the best foods to eat to keep you full of energy?

A Egzona Makolli, nutritionist at Kinetic Enterprises (kinetic4health.co.uk), says:

"There are plenty of foods that can boost your energy levels if you're feeling tired. Eggs, for example, are a high source of protein which is an essential nutrient for energy production. They are full of amino acids which are converted after digestion and provide you with a slower, but longer lasting source of vitality too.

"Supporting your gut health ensures that you can get the most out of the food you consume, which in turn, helps to bolster low energy levels, so try upping your intake of yoghurt which is full of probiotics (good bacteria that can help the microflora in the gut and enhance the body's immune system).

"Oily fish like salmon are rich in omega 3 fatty acids which are needed by our bodies as we cannot make these ourselves. Salmon also contains nutrients like vitamin B6, niacin, riboflavin and protein which are essential for energy boosting.

"If you're looking for a healthy snack, opt for raw nuts such as almonds as they are rich in nutrients like magnesium and vitamin B, which are needed to convert food to energy. Many studies have shown that individuals with low magnesium tend to be more tired due to the role this plays in metabolism.

"Fresh seasonal produce also contain essential vitamins and minerals which are key to increasing our energy levels. Try adding at least one serving of fresh fruit or veg to lunches and dinners to enhance your nutrient intake."

Q I want to start going swimming every day, what should I eat to fuel my efforts?

A Nutritionist Bernadette Keogh, a graduate of the College of Naturopathic Medicine (naturopathy-uk.com), says:

"Opt for complex carbohydrates such as brown rice, oats, sweet potatoes, quinoa, organic fruit and vegetables. This will ensure sustained energy release to promote steady blood sugar balance and keep your energy stores topped up. Protein is an important macronutrient for energy levels as it is satiating, making you feel fuller for longer, while staving off hunger during training sessions. To increase your protein intake, include organic chicken, turkey, oily fish, eggs or legumes with your meals. A balanced diet of complex carbohydrates, protein, healthy fats and a rainbow of fruit and vegetables will provide all the necessary nutrients for swimming performance and recovery.

"For training sessions over 90 minutes, consume simple sugars 10 minutes before training or within 30 minutes after training to keep energy levels up. You could make your own sports drink with 250ml of apple juice mixed with 250ml of water."

Got a question you'd like to put to our experts? Drop us a line at letters@yourfinesstoday.com