



You asked: *“Which healthy foods can help boost my energy levels?”*



MARY COTTER ANSWERS: “Oat porridge is an energising way to start the day, with fresh fruit and cinnamon to flavour. A handful of raw nuts is the perfect high-energy, protein-rich snack for an instant boost.

Pumpkin seeds provide a high level of magnesium, which enables energy production; sprinkle some ground ones on green smoothies. Swap couscous for quinoa in your salad; quinoa is an excellent energy food thanks to its protein, magnesium and B vitamin content. Try some black beans in a vegetarian chilli; adding protein and iron-rich legumes such as lentils, beans or chickpeas to meals provides a sustained form of energy. Their high fibre content means the body digests them slowly making satiety last much longer. They also contain B vitamins and magnesium, which help to make energy at a cellular level.

Kale, cabbage, rocket and spinach are helpful leafy green veg containing iron which maintains energy production, but keep your green vegetable intake varied and try to eat a little every day. Eating vitamin C-rich foods such as peppers or kiwi alongside greens may help absorption of iron.”

■ **Nutritional Therapist Mary Cotter graduated from CNM (College of Naturopathic Medicine). CNM offers training in a range of natural health therapies.**

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