Fuel Up!

Hands down, most nutritionists agree these are the best food energy sources.

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Fruits & Veggies
Reach for bananas, strawberries, pineapples, apricots and kiwi to rev up your engines. Eat as stand-alone snacks, or mix fruit into low-fat yogurt, smoothies and shakes. And broccoli, cabbage, spinach, sprouts and asparagus also help kick the body into high gear. Add chopped broccoli and spinach to salads, or enjoy their crunchy floret counterparts, along with asparagus, as snacks with healthy dips. And though sprouts might look wimpy, toss them on sandwiches to boost energy levels.

Nuts & Seeds
Nuts—especially almonds, peanuts, walnuts, Brazil nuts and cashews—are high-energy protein powerhouses. Add them to salads, and use their butters to energize smoothies and spread on apple slices. For seeds: Power up trail mix with sunflower and pumpkin seeds. Sprinkle ground flaxseed on salads.

Meat & Poultry
Fight fatigue with iron- and protein-rich turkey, chicken, lamb and beef. And mix grilled chicken with veggies and yams for an eclectic and energizing feast.

Whole Grains
Oats, millet, brown rice, whole grain pasta, wheat and barley all sustain energy and keep blood sugar stable. Rolled-oat cereals and whole-wheat pasta with tomato sauce are pre-workout favorites.

Beans & Lentils
Beans of all kinds are natural energy boosters. Enjoy a bowl of chili or baked beans as a side dish, or try a bean salad.

Dairy & Eggs
Try these energizing snacks: a hard-boiled egg; fresh fruit and granola in a smoothie or mixed into low-fat yogurt; and cottage or string cheese.

Fish & Seafood

Stoke your metabolism with the high-quality protein found in tuna and shellfish. Stir-fry shrimp with broccoli or bok choy. Add baby greens or sprouts to a tuna sandwich.

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