



5 Nutrition Tips for Optimal Energy

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Uta has been featured in [Nutritionist Resource](#), [Happiful Magazine](#),
[GREATIST](#) and [GoodtoKnow](#).

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Ready to feel completely re-energised, reduce stress and smash your health and fitness goals?

Whether you are suffering from chronic fatigue or you just need a bit of a boost, this guide is for you.

Did you know that eating the right foods can improve the quality of your sleep and help your body create energy more efficiently? Optimising your nutrient levels has a huge impact on your physical and mental health and making the right choices to nourish your body can help you thrive and perform your best.

Nutrition not only plays a role in energy levels but also effects your mood. It can help you reduce stress and restore calm in your life.

Good nutrition is so much more than calorie counting and macro tracking. There are so many things we can do to get you back to where you need to be so you can enjoy life to the full and feel your best.

- You're about to get a **sneak peak** into my strategy for optimal energy and performance.

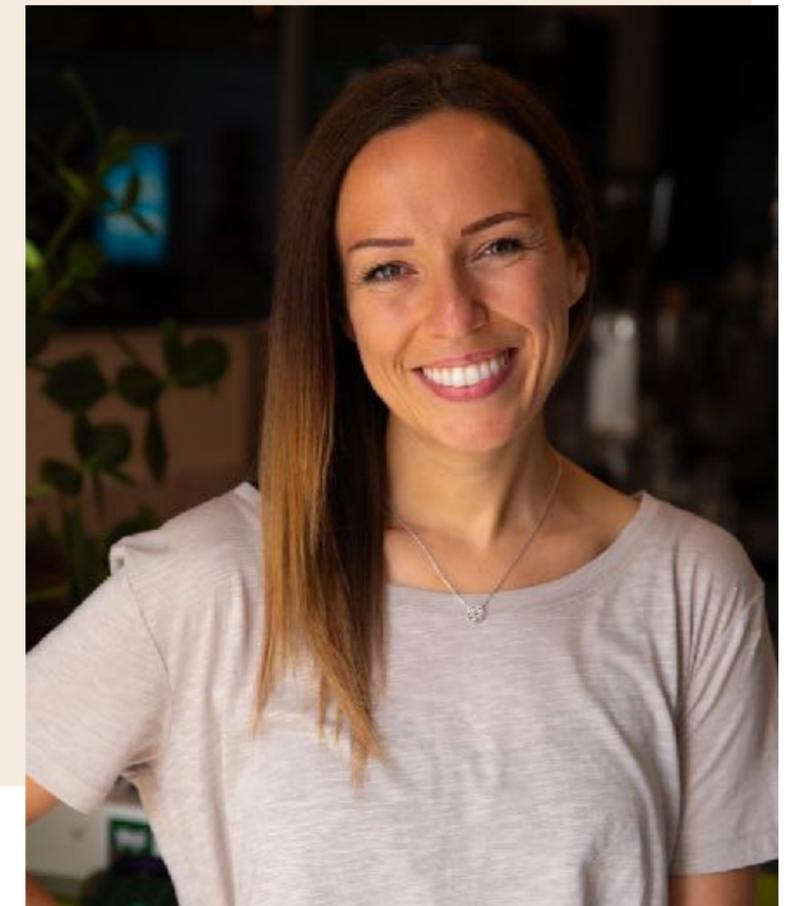
Hi, I'm Uta -

I help busy people improve their energy levels, optimise their health and perform their best.

I do this by sharing evidence based nutrition and lifestyle advice, and helping you **put this advice into practice** to achieve sustainable **results**.

As a busy, working mum myself I totally get how challenging this can be. This guide provides you with some simple strategies you can implement right away to improve your health and wellbeing and start to increase your energy.

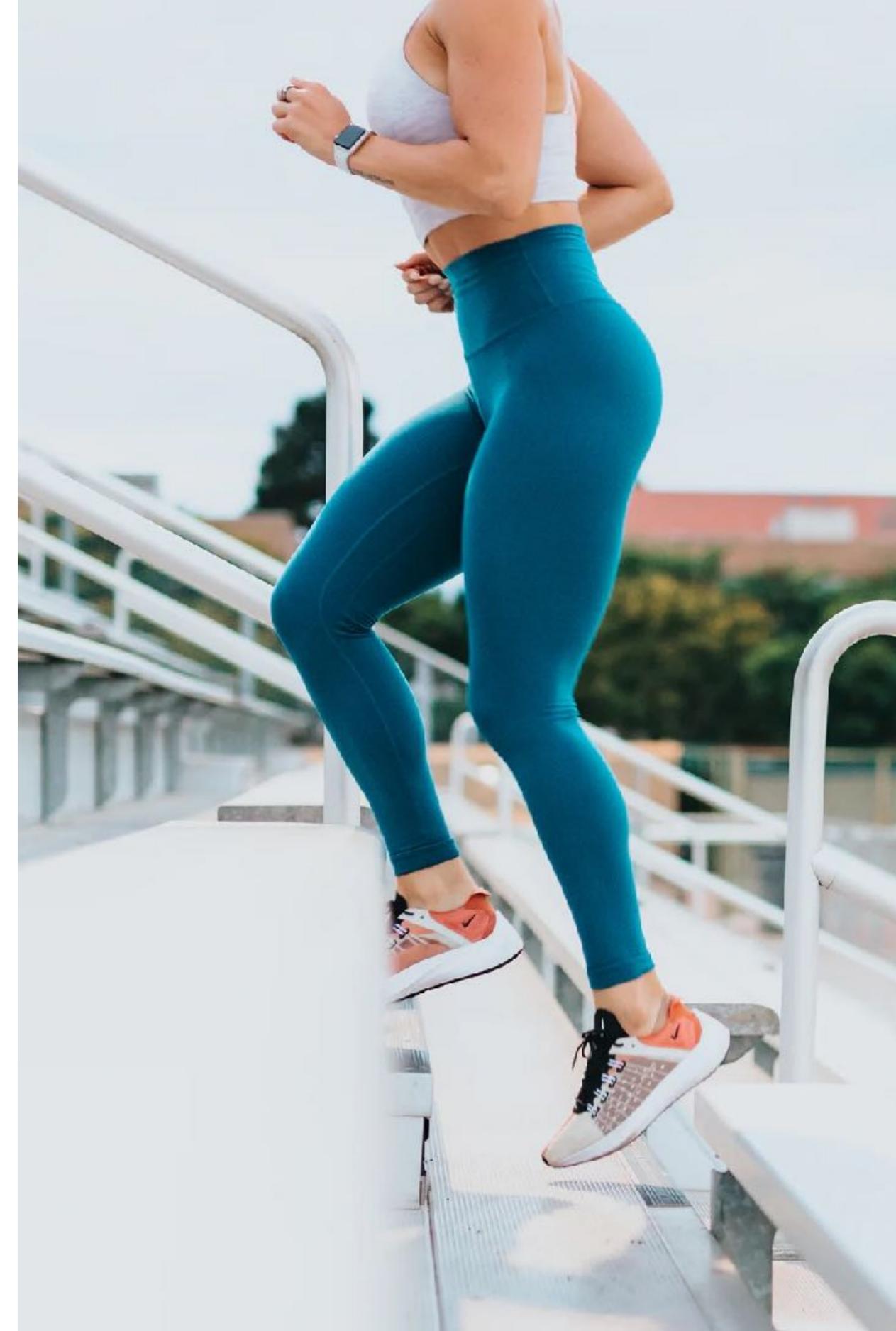
THESE ARE 5 EASY TO FOLLOW TIPS to help you feel less confused about what to eat for optimal energy and get started with improving your diet and lifestyle.



Your guide to optimal energy

1. Improve sleep
2. Stay Hydrated
3. Eat for energy
4. Balance blood sugar
5. Avoid energy zappers

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The secret to a good night's sleep

Making sure you're well rested and allowing your body time to recover is the first step to optimal energy levels. Research also shows that lack of quality sleep is a strong indicator in both performance and injury risk. Aim for 7-9 hours.

- Don't eat right before bed but don't go to bed hungry either (approx. 2 hours before going to bed is a good time for most people to have their last meal).
- Create a **routine**. Getting up and going to bed roughly around the same time each day is one of the best things you can do to help you get more sleep.
- **Sleep in a dark cool room.** This has been shown to help people fall asleep more quickly and you're more likely to sleep through.
- **Swap coffee for herbal teas.** If you're struggling to get a good night's sleep this is your starting point. Make sure you don't have caffeine after midday and stick to 1 cup a day. In the evening you may benefit from calming herbal teas such as chamomile or valerian.
- Eat foods rich in **tryptophan**. The amino acid tryptophan is a precursor of melatonin, the hormone which controls your sleep-wake cycle (circadian rhythm). Tryptophan is found in most meats and is particularly high in **turkey**. It's also found in **oats, dairy products, nuts and seeds, bananas and cherries**.



- In order for tryptophan to be utilised efficiently by your body it needs to be consumed **in combination with carbohydrates**. So we need to make sure we are eating **balanced meals including protein & carbohydrates** to benefit from tryptophan.
- Eat foods rich in **magnesium**. The mineral magnesium helps us relax and wind down as it has a calming effect on our nervous system. Not having enough magnesium has been linked to insomnia. Studies have also found that those who are chronically stressed are more likely to be lacking magnesium. Include plenty of magnesium rich foods on a daily basis such as: **dark green leafy veg (kale, spinach, chard etc.), most nuts and seeds but particularly almonds, bananas, dark chocolate/cacao, avocado and tofu**.
- Another tip is to try an **EPSOM Salt bath** in the evening. EPSOM salts contain magnesium and your body can absorb some of this through your skin. These are also great for reducing muscle soreness after a workout.
- Finally **don't eat too much sugar or processed carbs** in the evening as this may cause a blood sugar spike followed by a dip which can prevent you falling asleep or may lead to you waking up at night.



Stay hydrated

Good hydration is the foundation for everything! In terms of energy we know that dehydration can cause mental fuzziness, fatigue and headaches. Hydration is particularly important if you exercise a lot as you need to replenish electrolytes as well as fluids.

- You'll need a **minimum of 1.5 litres** of fluids a day. This can include water, sparkling water and herbal teas. I also recommend fruit or herb infused waters which are easy to make yourself. You'll need to up your water intake when you're exercising.
- You'll need at least **200ml extra for every 20 minutes of exercise**. (So 600ml for an hour of working out).
- When exercising and sweating your body loses **electrolytes**. These are essential minerals which help us retain and utilise fluids and also maintain the function of muscle and nerve cells. An easy way to replenish these is to have some coconut water (you can dilute this), add a pinch of good quality sea or rock salt (such as Himalayan pink salt) to your water or you can purchase electrolyte sachets such as ENER-C. (Use code UTAB10)
- Note that **coffee is a diuretic**, meaning it will cause you to wee more and is therefore not a great option for hydration. Alcohol has the same effect.

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Eating for ENERGY

- First of all make sure you're **eating enough!** If your calorie input doesn't match your energy output you will always be struggling. It's a bit like trying to drive your car on an empty tank. You won't get very far. I often see clients who come to me with low energy and they are just not eating enough (often in an effort to try and lose weight!).
- On the flip side, **eating too much can be a problem** as you're putting a strain on your digestive system. Some of my clients who are trying to build muscle are eating far too much as they try and meet their calorie and particularly protein and carbohydrate intake. This often leads to digestive issues such as bloating, excess flatulence and abdominal pain. **Find the balance** between reaching your macro targets and listening to your body. Working with a nutritionist can help address all of the above symptoms and help you find a diet that works for you.
- **Eat a variety of foods!** Whilst I'm a huge fan of meal prepping I am often surprised by how many athletes end up eating chicken, rice and broccoli every day. Whilst it's easier to prep and batch cook this way it's not a great way to get in all of your micronutrients and you're also not supporting your gut microbiome (the good bacteria living in your gut).



Eating for ENERGY

*If your macronutrients are the fuel you put in the car think of **micronutrients** (vitamins and minerals) as the engine oil, tire pressure, brake fluid, radiator coolant and just about everything else you need for your car to function.*

- Magnesium is a key co-factor in energy production and also binds to ATP (the body's energy currency). Magnesium deficiency therefore results in low energy or even fatigue. As mentioned on previous pages you'll find it in **dark green leafy veg (kale, spinach, chard etc.), most nuts and seeds but particularly almonds, bananas, dark chocolate/cacao, avocado and tofu.**
- Another key family of nutrients needed for optimal energy production are the **B-vitamins!** B1, B2, B3 and B5 in particular are all important co-factors in the chemical reactions which occur to actually create energy from the foods we eat. You find them in a **large variety of whole foods** but they are easily lost in processed foods and through overcooking (they are water-soluble). Here a snap shot of where you might find them. B1: **black beans, lentils macadamia nuts, pork**; B2: **Dairy, eggs, nuts, many vegetables, wholegrains**; B3: **most fish and meats, brown rice, avocado, peanuts and mushrooms.**



Get off the blood sugar roller coaster

Blood sugar imbalance is one of the main reasons for low energy (or energy spikes and dips) I see in my clinic. Not only does it impact energy levels but it effects your stress levels and mood, can cause inflammation and long term may have serious health implications.

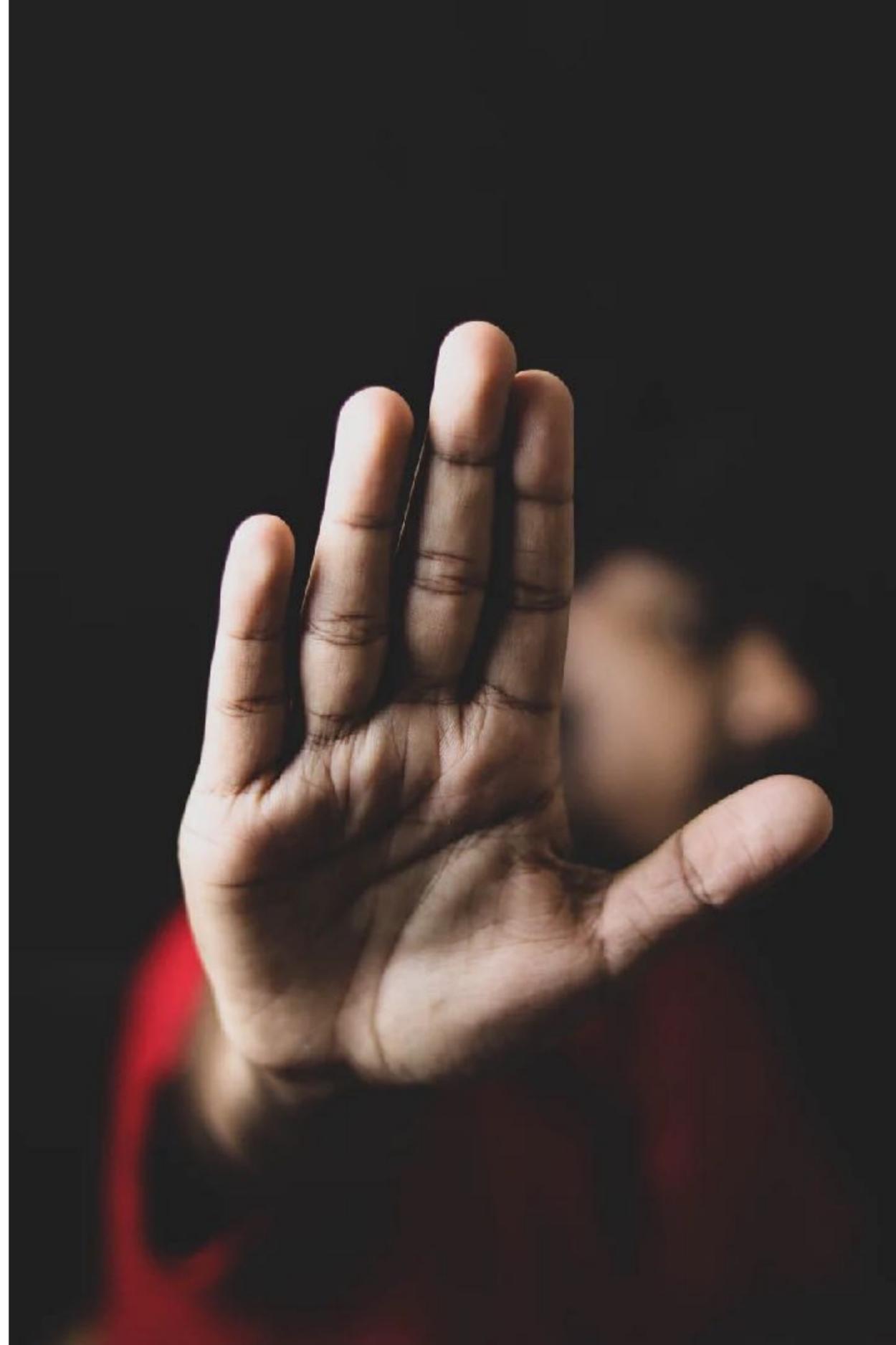
- **Reduce** foods which have high levels of **sugar and processed carbs** (fruit juices, soft drinks, crisps, biscuits, cake, white bread, pasta etc.)
- Switch to foods which are high in **complex carbohydrates** such as brown rice, legumes etc and switch to brown pasta and bread.
- Always eat **carbohydrate rich foods in combination with protein**. Protein slows down digestion and absorption of glucose into your blood stream so you'll get less of a spike. So instead of having pasta and tomato sauce, make sure you add some veggies and beans, lentils, meat , fish or seafood.
- **Increase vegetable intake!** High amounts of fibre from veggies also slow down absorption of glucose. An easy trick is to have a starter salad before your meal.
- Don't have sugar or high amounts of carbs for breakfast. Instead of having jam on toast or cereal try eggs on wholemeal toast and overnight oats (with nuts and seeds).

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Avoid energy zappers

- As per the previous page avoid foods high in **sugar as well as processed carbs** (crisps, white bread, white pasta) etc. They spike your blood sugar giving you a short burst of energy resulting in a crash! This is especially important at breakfast.
- **Alcohol** may actually reduce the quality and duration of your sleep, leading to an overall less restful sleep and therefore lower energy the next day.
- When consumed in moderation, **coffee** can have positive physical and mental effects. Caffeine, the stimulant in coffee, has also been reported to create a short-term boost in energy and brain function. That said, regularly drinking coffee will cause your body to build up a tolerance, which will reduce the power of its effects. More importantly, regularly relying on coffee instead of getting proper nutrition or sleep can drain your energy over time.
- **Energy drinks!** Energy drink manufacturers include a cocktail of stimulating ingredients in their formulations. However, researchers attribute most energy-boosting effects to the **sugar and caffeine** these drinks contain. When it comes to sugar, many energy drinks contain ridiculously high amounts — sometimes as much as 10 teaspoons (52 grams) per container. As mentioned previously, consuming large quantities of added sugars can cause your energy to spike, then drop sharply, potentially causing you to feel more tired than you did before consuming the drink.



Supplements

There is no magic pill and no one supplement can improve your energy levels on its own. However, in combination with the dietary and lifestyle changes already mentioned, the following can support you on your health and fitness journey and help you see results more quickly.

- **Matcha** - When reducing caffeine it's a great idea to switch from coffee to matcha. It's extremely high in antioxidants and other beneficial compounds. It does contain caffeine but gives you a much more gradual boost without the usual post-coffee crash. I recommend Clearspring. (Use code **UTAB10** for 10% off at The Natural Dispensary)
- **Electrolytes** - As mentioned before, these aid hydration, especially during intense exercise. I recommend ENER-C. (Use code **UTAB10** for 10% off)
- **Greens Powder** - We always want to up your vegetable intake first. But if you need an extra boost on a busy day a greens powder is a convenient way to up your micronutrients including magnesium and B-vitamins. I recommend Intense Green Super Shake by TerraNova. (Use code **UTAB10** for 10% off)
- **Protein Powder** - To help you balance blood sugar levels I often recommend a protein powder such as NUZEST which you can add to breakfasts or make a shake as an afternoon snack. (Use code **UTAB10** for 10% off)

If you have a diagnosed medical condition or are taking medication you must always check with your GP before taking any supplements.



Uta's Energy Boosting Recipes

Overnight Oats

Start your day off with this satisfying, sugar free breakfast providing protein, healthy fats and complex carbs.

INGREDIENTS

- 35 grams of oats
- 1 tablespoon chia seeds
- 1 tablespoon linseeds
- 1-1.5 cups unsweetened almond milk
- 1 tablespoon nut butter of choice
- 1 teaspoon cinnamon

HOW TO

1. Mix all ingredients in a wide mouthed jar
2. Stir or shake well
3. Leave in fridge overnight
4. Add fresh or frozen fruit of choice
5. Can make 2 -3 days in advance

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Kale salad with crispy, marinated tofu

INGREDIENTS

- 280 grams Tofu (I used @tofoo) (sliced into triangles)
- 2 tablespoons extra virgin olive oil
- 1.5 tablespoons tamari
- 1 freshly squeezed lemon
- 2 teaspoons raw honey
- 1 tablespoon orange juice
- 1 teaspoon Dijon mustard
- 160grams kale or cavolo nero (thinly sliced)
- 1/4 cucumber (sliced)
- 1 avocado (cubed)
- 1 red pepper

HOW TO

1. Combine 1 tblsp olive oil, 1 tblsp tamari, 1 tsp honey and half the lemon juice in a bowl.
2. Add the tofu slices to a large dish and marinate in the above described mix for 15 mins.
3. In the meantime add the remaining olive oil, lemon juice, orange juice, tamari and Dijon into a small bowl and whisk.
4. Add the kale leaves, cucumber, pepper and avocado to a large bowl. Add the dressing and mix well to combine.
5. In a pan or skillet cook the marinated tofu for 3-4 minutes on each side over a medium heat until crispy and browned.
6. Add the kale salad to your favourite bowl. Top with tofu. Enjoy.





ONE FINAL THING

Making changes to your diet can be overwhelming. Often it's about small changes over a period of time to get the best long-term results. Having someone to guide and coach you along the way can make all the difference. I can provide step-by-step guides and personalised recommendations. The next page explains how I can further support you and help you optimise your nutrition right now.



WHEN YOU'RE READY

- 1** Follow me on social media for even more tips, recipes and inspiration. IG: [@cannelle_nutrition](#) FB: [Cannelle Nutrition](#)
- 2** Take part in my **free 3 Day Thrive Challenge** to learn more about how nutrition impacts your energy and performance and get practical advice and easy recipes to follow. [Click here](#) to sign up now.
- 3** Ready to take your diet and lifestyle to the next level to really optimise your energy and effortlessly reach your health & fitness foals? [Email me](#) or book in for a [free 15 minute discovery call](#). Together we can look at how I can best support you. Whether it's a bespoke nutrition plan tor joining my group programme.

I would love to help you supercharge your wellbeing, reach your goals and feel your best.

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This information is for educational purposes and should not replace medical advice. If you have a diagnosed medical condition you should consult a doctor before making any major changes to your diet.

Uta Boellinger, November 2021

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