

## HEALTH & NUTRITION

### Energy Boosters foods

#### Sweet Potato

High in carbohydrates and loaded with beta-carotene (vitamin A) and vitamin C, these will help fight off midday fatigue. Bonus: Kids will love this sweet treat at mealtime.

#### Bananas

Because they are composed mostly of sugars (glucose, fructose and sucrose) and fiber, bananas are a foolproof energy food.

#### Apples

Not only will an apple a day keep the doctor away, it'll also give you a powerful jolt of energy. High in fiber, apples take longer to digest, so they'll give you a more prolonged lift than many other fruit picks.

#### Nuts

Cashews, almonds, and hazelnuts are high in magnesium, which plays a key role in converting sugar to energy. They're also filled with fiber to keep your blood sugar levels even and protein to stave off hunger.

#### Oats

Oats are among the healthiest grains on earth. They're a gluten-free whole grain and a great source of important vitamins, minerals, fiber and antioxidants.

Avocado is an excellent source of monounsaturated oleic acid. Research has shown this beneficial form of fat reduces dangerous LDL cholesterol in the blood at the same time as increasing the more beneficial HDL cholesterol.

Avocados are particularly rich in potassium, even higher than the often touted bananas, and a good food to eat for normal blood pressure and a lower risk of kidney failure and heart disease.

Aside from healthy blood pressure, the oleic acid and dietary fiber in avocados help normalize blood sugar levels, providing further benefits for heart health and lowering the risk of diabetes.

The monounsaturated fats in avocado are also beneficial for improving your skin tone and appearance. They are vital for maintaining good moisture levels in the epidermal layer of your skin that make it look and feel soft and healthy.

These omega-9 fats are known to assist in reducing skin redness and irritation and are involved in repairing damaged skin cells.

