

# Eating for Energy: A Delicious List of Food for Fuel



We look to food for many things: sustenance, comfort, delight. We need it to live and also to thrive. In essence, food is energy. So, how do we eat to fuel active, creative lives?

First, we focus on mitochondria, which functions as an energy factory for cell function. To fuel your body efficiently, it helps to know the foods that support mitochondria.

Timing is also important when it comes to food and energy. We often feel fatigued in the afternoon and may end up reaching for a sweet carbohydrate. Unfortunately, that choice is going to raise your blood sugar, which will trigger the release of insulin. The insulin picks up the glucose and packs it away, causing your blood sugar to crash. This triggers a craving for something sweet to raise your blood sugar again.

An energy-boosting food that supports your mitochondria will help you avoid an unhealthy energy rollercoaster. Here is a list of my favorites:

## Coconut

Coconut is loaded with medium chain triglycerides, which convert to energy very easily; it is metabolized quickly and can be helpful with digestion. Coconut also strengthens the immune system, prevents and mitigates unwelcome yeast in the gut and has lots of molecules that can fight off microbes.

## Protein

The protein in bone broth provides a great source of energy and has many different nutrients—a lot of them important for digestive health. Other edible proteins include beef, pork, lamb, poultry, eggs and fish. For people averse to animal protein, pea protein powder is a reliable alternative.

## Berries

Berries are loaded with antioxidants and low in sugar. They also are packed with phytonutrients, which we need for myriad body functions, including fighting inflammation. Berries can be good for brain health, digestion and support of the gut microbiome.

## Spinach

Spinach gives a steady release of energy and it has superfood status for its wide-ranging positive impacts on health. It's loaded with nutrients that support blood health, eye function and glucose metabolism for proper blood sugar and insulin balance.

## Butter

Grass-fed butters are metabolized differently than coconut oil, but they support energy and have important nutrients that function as anti-inflammation agents, support muscle growth, help reduce belly fat and help maintain good gut health.

## Red Onion

Red onion is a very high-energy food loaded with antioxidants and flavonoids. It helps with detoxification, lowers triglycerides and reduces blood pressure while helping the body fight infection.

## Avocado

Avocados are a great source of good fats and nutrients that support hormone function. They also support heart health, brain and immune function, and are good for healthy muscles, skin and hair.

## Chocolate

Yes! Chocolate is on the list of healthy energy sources and it's also rich in good fat – if you choose one with at least 70% cacao content. The higher that number, the less sugar and milk is going to be in it.

## Mushrooms

Mushrooms are great energy sources, particularly the reishi mushroom, which helps balance many aspects of body function and supports the adrenals.



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Sharon has lectured around the world, from London to California, and is frequently featured on television, radio and in print. Sharon is also a qualified Cordon Bleu cook. She practices in the Institute for Health & Healing clinics in San Francisco and Santa Rosa.

To learn more about the Institute for Health & Healing or request an appointment, visit [myhealthandhealing.org](http://myhealthandhealing.org).