

Best 6 foods to eat to give you an energy boost

Food is necessary to live alive .But the question arises is what to eat and what not to eat .It's time to reveal the best 6 foods that will boost your energy

1-SWEET POTATOES

These sweet potatoes are highly nutritious and support the healthy vision. They contain fibers antioxidants that help to fight against cancer properties .Help to enhance the brain functions by eating purple

potatoes. Due to its antioxidant property it enhances your memory. Add them in your diet by making chips of them.S

2-BANANAS

One of the best source of vitamin C .It helps to deal with gastrointestinal problems .Bananas are good for skin as they contain manganese .For a healthy person eating one or two bananas per day is consider moderate .

3-GREEK YOUGHURT

Calling it the power house of protein would not be wrong. It also contain

calcium iodine .You should take it as a breakfast with bananas.

4-Apples

Want to fight with asthma?? Have some apples .Want to lose weight??Have apples. Apples are good for your health .They act as prebiotics that feeds bacteria in your gut .Eating two apples a day are more than enough.

5-eggs

Eating eggs for many years but what does it actually do? It helps to repair body tissues and help the nervous

system to work effectively. It also helps to have a better skin.

You can take them with bread .You can eat it by boiling it or making omelet.

6-dark chocolate

Dark chocolate is loaded with many healthy affects.It lower blood flow and blood pressure. It could be great for your skin as it contain bioactive compounds. You should take 20 to 30 gram per day not more than that.

