



Pep talk: These tasty finds will rev you up.

Ask the diet pros



Need a lift? Fuel your busy life with five foods from SELF's go-to nutrition gurus, Stephanie Clarke, R.D., and Willow Jarosh, R.D.

Q *I usually turn to sugar for a quick pick-me-up. What should I eat for long-lasting energy?* —Susie Lancaster, Austin, Texas

A Not sugar, which is a sneaky energy zapper. It causes your blood sugar to spike, giving you an instant high, but your level then drops just as quickly, leaving you sluggish (again), cranky and craving more sweets. Instead, opt for foods that contain fiber, protein and healthy carbs to keep your blood sugar level even and your energy high. Our fave fatigue fighters:

Berries One cup of raspberries or blackberries has 8 grams of fiber. High-fiber foods release sugar into your bloodstream more slowly, so you won't have peaks and crashes. Pair them with part-skim string cheese for an on-the-fly nosh.

Lentils These legumes are high in iron—a cup has nearly 80 percent of your daily recommended needs. And

getting enough of the mineral is key: Without it, your blood can't properly carry oxygen through your body, making you feel wiped out. Have lentils with a vitamin C-rich food such as bell peppers;

the nutrient maximizes iron absorption.

Popcorn The snack's B vitamins help you convert food into energy you can use. And as with berries, popcorn's fiber maintains steady blood sugar for get-up-and-go that keeps going. Flavor air-popped kernels with olive oil cooking spray.

Nonfat plain Greek yogurt Compared with regular nonfat plain yogurt, this tangy treat delivers more than twice the energizing protein (18 g per 6-ounce serving). Plus, it has less sugar than the non-Greek style, helping you avoid blood sugar shifts. Mix in fruit for extra fiber.

Edamame A cup has 17 g protein, 8 g fiber and 15 g slow-digesting carbs—the model macronutrient trifecta to send you from slow-mo to full throttle. ■

FROM TOP: STEPHANIE RAUSSER; GEORGE BARBERIS

