

# PALO PINTO GENERAL HOSPITAL

*PPGH's Health  
Promotion Program*

*Week 5*



## **Boost Energy Without Caffeine**

When run down, many people reach for an extra cup of coffee. But there are plenty of energy-boosting foods that don't contain caffeine.

The National Sleep Foundation recommends eating:

1. Magnesium-rich nuts, such as hazelnuts, cashews or almonds.
2. Iron-rich spinach, which promotes oxygen in the cells and boosts energy.
3. Eggs, including the yolk. They're packed with protein and B vitamins, which help convert food into energy.
4. Edamame, which is rich in B vitamins, phosphorous and copper, which also help convert food into energy.
5. Fresh fruit, which offers natural sugar. It also has beneficial fiber. Opt for vitamin C-rich offerings, such as oranges, kiwi, mangoes, pineapple and strawberries.

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