



Energy Through the Workday

Beat the afternoon slump and stay sharp, without living on caffeine

If your energy crashes mid-afternoon, or you rely on coffee to get through, your nutrition is often the lever. Steady energy and focus come from steady blood sugar, the right fuel at the right times, and staying hydrated. Here is how to build it into a busy day.

Steady your blood sugar

Big sugary or refined-carb hits spike your blood sugar then drop it, taking your energy and focus with them. Pair carbohydrate with protein, fibre and some fat to slow the release and keep you level. Wholegrains, fruit, vegetables, nuts and yoghurt beat biscuits and white bread for lasting energy.

A workday that works

- **Do not skip breakfast:** a protein and wholegrain start steadies the morning (eggs on wholegrain toast, or Greek yoghurt with oats and fruit).
- **Build balanced meals:** half the plate vegetables, a palm of protein, some wholegrain carbohydrate.
- **Smart snacks:** pair protein with fibre, like fruit and nuts, hummus and veg, or yoghurt.
- **Do not run on empty** all day then overeat at night.

Caffeine and hydration

Caffeine helps focus, but timing matters. Have it earlier, keep to sensible amounts, and cut it off 6 to 8 hours before bed so it does not wreck your sleep, which is what causes tomorrow's slump. And do not underestimate water: even mild dehydration dents concentration and can feel like tiredness, so keep a bottle at your desk.

The 3pm slump is usually a blood-sugar and hydration story, not a caffeine shortage. A balanced lunch, a protein-and-fibre snack, water, and a short walk beat a fourth coffee.

Where to learn more: the NHS Eatwell Guide, the British Nutrition Foundation, and the British Dietetic Association (BDA). For persistent fatigue, please see your GP.

This leaflet is general nutritional guidance for education only. It is not medical advice, diagnosis or treatment, and it does not replace advice from your GP or a registered dietitian. Always check with a qualified professional before making significant changes, particularly if you have a health condition, are pregnant, or take medication.

Ready to take the next step? Book a free call or start your food diary analysis at performancenutritionlondon.co.uk