

1: Home - Health Energy Diet

The Home Energy Diet involves readers in learning about their own homes by measuring, metering, investigating, and considering habits related to household energy use, then learning how to quantify energy consumption and cost, and to make informed decisions about cost-effective improvements and upgrades. The book explores the misunderstood.

But too much caffeine can deliver the opposite of a jolt. And quickly digesting carbohydrates, such as sweet beverages, white bagels, pretzels, and candy “ which give a quick hit of pleasure because they boost serotonin, the brain chemical that helps regulate mood “ will cause your blood sugar to spike and give you a short-lived high that ends in a crash. Foods like nuts, plain yogurt, and whole grains will keep your snacks low in calories and high in satisfying fuel. Protein in particular increases the production of a brain chemical that regulates concentration. Better daily choices can curb cravings, which can help keep your weight down, which in the long term can protect you from heart disease, diabetes, and other conditions. Here are 10 great options for healthy, revitalizing small bites. Additional reporting by Carlene Bauer Thinkstock Almonds: Full of Motivating Magnesium and Vitamin B Almonds are a superstar in the snack world, as they contain important nutrients, like magnesium and B vitamins, that help convert food to energy. Insufficient B vitamins can lead to fatigue, irritability, and poor concentration. It also provides volume and so tends to keep you satisfied longer than chips and crackers. High in Good Fats, Protein, and Satisfaction Although peanut butter is a calorie-dense food, a little goes a long way in providing a great-tasting energy boost. Its healthy fats, protein, and fiber help stave off hunger and keep blood sugar levels stable. Instead of covering your morning toast with butter or jelly, which are devoid of protein and fiber, top slices with an all-natural nut butter that contains nothing but nuts, Berman suggests. Just be sure to avoid brands with added sugars , and stick to a 2-tablespoon serving. The rich-tasting fish earns the moniker from its omega-3 fatty acids: Plus, the high protein count promotes satiety, which makes it a great energizing dinner option for those trying to lose weight. Bananas are particularly appealing as a pre- or postworkout snack. Pair a banana with a glass of low-fat milk or a cup of yogurt for an energizing combination of fiber and protein “ a combo that also makes a great breakfast to start your day. Amino Acids and Antioxidants Will Keep You Alert Skip iceberg lettuce and add an energy-boost to your salad by using nutrient-rich kale as a base. Kale contains the amino acid L-tyrosine, which may help give you a mental lift, as well as a number of antioxidants and fiber to fill you up and help keep your blood sugar stable, says Berman. Fiber Makes a Long-Burning Fuel Ask any nutritionist for healthy and simple breakfast ideas , and oatmeal is sure to make the list. Packed With Powerful Protein and Fiber Powerhouse pistachios have a combination of protein, fiber, and heart-healthy monounsaturated fats that adds up to a perfectly satisfying snack. Though nuts are calorie-dense, 25 pistachios have only calories, and the fact that you have to remove the shell slows you down and prevents overeating. Protein-Rich Dip With a Nutritious Kick Hummus is a Mediterranean dip with only a few simple ingredients “ pureed garbanzo beans, sesame-based tahini, olive oil, and lemon juice “ that all contribute nutrients for energy. When used as a dip for nutrient-rich veggies, such as red pepper strips or carrot sticks, hummus makes a great mid-afternoon snack. You can also use it as a sandwich spread instead of mayonnaise. Mix in fresh berries and chopped nuts for a nutrient-packed treat.

2: The Home Energy Diet: How to Save Money by Making Your House Energy-Smart by Paul Scheckel

The Home Energy Diet answers all these questions and more, while helping readers take control of their personal energy use and costs so they can save money, live more comfortably, and help the environment. Energy auditor Paul Scheckel first explores energy literacy, and then describes how your home uses - and loses - energy you pay for via.

3: 10 Healthy Foods That Boost Energy | Everyday Health

The Home Energy Diet is a book that is filled with interesting and useful information about how to most effectively use

your resources to make your home more energy efficient. Paul Sheckel is an energy auditor living in Vermont who lives in an off the grid house that has all the trappings of a standard American home: Fridge, washer, dryer, TV.

4: | Cooking Light

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5: The Home Energy Diet Book

The Home Energy Diet answers all these questions and more while helping readers take control of their personal energy use and costs so they can save money, live more comfortably and help the environment.

6: The Home Energy Diet â€™ Northwoods Stewardship Center

Read the Book! The Home Energy Diet. Get practical advice you can use to go green and start saving now.

7: Paul Sheckel - Energy Specialist - Where Going Green Hits Home

DIET PLAN: As your incandescent bulbs burn out, replace them with new, energy-efficient bulbs that are manufactured to use about 75% less energy and to last at least six times longer. www.enganchecubano.com

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