

Health and Diet - June 14, 2004

Do you lose energy by the middle of the afternoon each day? Your blood sugar levels drop about 4 hours after lunch, hence the lack of energy. Skip the candy bar or coffee. Instead have a healthy snack containing protein, carbohydrate and fat. Try yogurt topped with your favorite crunchy cereal, crackers topped with low-fat cheese or a slice of whole grain bread with peanut butter.