

Foods that make you more alert than drinking coffee

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To help you get more useful information, the following article will share with you such foods.

1. Apples



Apples are an extremely beneficial fruit for our health. Apples offer more benefits than you think. Besides fiber as well as vitamins, apples also have a natural sugar Fructose that keeps you alert and maintains it for hours. When eating apples, beneficial substances slowly absorbed into the blood and intestines, so you will feel alert right after eating without having to wait long for them to function as some types of coffee.

2. Chocolate



Chocolate is not only a gift for couples on Valentine's Day, but chocolate is also a food that brings many health benefits such as good for the heart, brain, preventing memory loss, sperm god is more comfortable . but, it cannot be denied that eating too much chocolate also makes you gain weight, because it contains lots of sugar. However, if you don't have coffee, you can also substitute a chocolate tablet or a cup of hot chocolate, which is also very beneficial for you.

3. Light



Light is the reason many people are upset every morning. Whether you wake up with sunlight or a wall light in your bedroom, you will feel more alert, despite the fact that no one wants to be awakened while sleeping.

4. Smelling salt



Smelling salts may be strange to many people, but for drunken drinkers, salt smells too familiar to them. Salt can help you be more alert, especially when drunk. However, in fact this type of salt is not good for the nose as well as the brain if used regularly. Just a small amount of salt you are more alert and save a decent amount of money to buy coffee.

5. Energy drinks



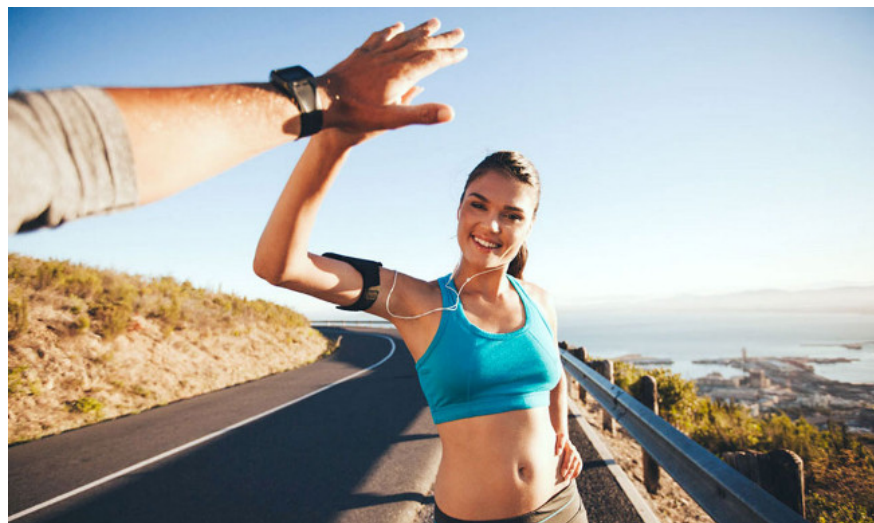
If you don't have coffee, what kind of drink would you choose to help wake up? Many people's answers are probably energy drinks. Although energy drinks are not a good food for the body, it is not controversial to help the body stay awake. Anyway, this is an alternative for those who are too familiar with coffee. More than half of people using energy drinks said they felt more alert than coffee.

6. Some foods



When your body is getting all the necessary vitamins and proteins, you will feel much more alert by yourself. One of the foods that will help you stay awake is cereals containing group B vitamins, which are essential for day activities.

7. Exercise



In addition to the above foods, it is quite effective but very few people apply that exercise. When feeling awake when working, take some time to get active, or stay at home, jog a few times, not only to wake you up but also to your heart, muscles and help . When you wake up, your body is in ready working state, blood begins to be transported to other organs. Exercise causes the body to move, leading to better blood flow and better circulation. However, after a while of exercising, you should wash your body so it is really refreshing.

8. Water



Water is indispensable for anyone in daily life. Do you know that our bodies only live for 3 days without water, but live for 3 weeks without food. This may see how important water is. Drinking water not only helps you purify your body but also helps you to be more alert. If you don't believe, try it.

9. Music



Music is the spiritual therapy that helps you feel the most alert and cheap and doesn't take too much of your time. Music also stimulates the brain to function. Don't forget to turn on music while having breakfast, when brushing your teeth. If Rock can't make you wake up? Well, I really want to know who you are.

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