

Simple ways to avoid drowsiness after eating

Why is sleepy eating so sleepy? What food is most likely to cause drowsiness and which foods should I choose? This article will help you answer all.

Sleepiness after eating is a symptom that many people suffer, especially after lunch or dinner. If this situation continues, it's time to take it seriously. Because, that may be a sign of an unhealthy body.

Why is sleepy eating so sleepy?

After eating, especially if the meal is full of sugar, the pancreas will have to work harder to produce the amount of **insulin** needed to control sugar metabolism in the body. Increased insulin stimulates the working process of **tryptophan** - an important amino acid in the brain and this substance secretes **serotonin by itself**, making us often sleepy.



What eating is most likely to cause drowsiness?

The sleepiness is most common in office workers and students because this person tends to use a variety of prepared foods or fast food. However, according to experts, most **fast foods** contain a large amount of sugar, preservatives, and grease and although they make us feel more energized, they are actually calories only. must be nutritious.

Besides prepared **food, snacks** are also a eating habit that makes us more sleepy. Fruit-flavored candies, baked goods, cakes, sugar-rich dried food . are not good for eating too much. Therefore, if you want to get alert after eating, you should stay away from them.



How to diet to avoid drowsiness after eating?

1. A full breakfast will help you get plenty of energy to work all day. Bread, cereals, eggs, fruits, yogurt are all ideal choices.
2. Choose low-sugar vegetables, tubers, fruits such as bamboo shoots, carrots, tomatoes, pumpkins, cucumbers, soybeans, bean sprouts, fish lettuce, white mustard, seafood, mushrooms and tubers cabbage, mustard, cucumber, broccoli, gourd .
3. Don't drink alcohol at noon because it will make you feel tired and sleepy.
4. Do not eat too much at noon and evening.
5. Do not drink coffee after eating, instead, choose water or a cup of tea in the afternoon.
6. Don't eat chocolate in the afternoon. However, you can choose to enjoy some fruit or a slice of bread.
7. Move gently after eating like walking instead of taking the elevator.
8. Make sure you get enough sleep at night because it will help you avoid fatigue and sleepiness the next day.

If you have tried to apply the above methods and still cannot stop this situation, you should see a doctor for advice and timely treatment. In addition, people with diabetes, lack of nutrients or low blood pressure often develop symptoms of sleepiness and sleepiness.

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