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25 Best Foods To Increase Your Stamina

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Do you experience excruciating pain after walking or running for even a short distance? Or feel out of breath and tired quickly? Well, we all tend to blame it on age, but I like to think that you are never old if you are young at body and mind. To get a healthy and fit body, you must have enough energy to build a strong stamina. But the problem is you can't buy strength, you have to earn it by making lifestyle changes. And one of the changes is eating nutritious and resistance-boosting foods. In this article, I will discuss 25 stamina building foods that will help you kill it at your next workout session or walk and run without feeling breathless. But first, let's see which macronutrients and micronutrients are the primary sources of energy. Let's begin!

1. Complex Carbohydrates

Complex carbs consist of dietary fiber and starch. Complex carbs differ from simple carbs because simple carbs such as white sugar, brown sugar, honey, maple syrup, etc. are readily absorbed in the blood leading to a rise in blood glucose. Complex carbs, on the other hand, are digested slowly and rich in dietary fiber. They provide a lot of energy that is used as a fuel for our muscles and brain. Soluble fibers as fruits, nuts, legumes, seeds, rice bran, oats, brown rice and barley control blood sugar levels and lower cholesterol. Insoluble fibers like whole grain bread, pasta, rice, cereals, wheat bran, corn bran, vegetables, and nuts help to build up stamina. These foods break down into glucose and provide a lot of energy.

2. Proteins

Proteins from food are broken down into amino acids by our digestive system. These amino acids are used for muscle building and repair, making hormones, red blood cells, and other tissues in the body. Proteins play an important role in the growth and development of a healthy immune system. Proteins have a higher metabolic rate than fats and help us to burn more calories. Sources of proteins are fish, poultry, eggs, milk, cheese, legumes, and nuts.

3. Healthy Fats

Not all fats are bad. You should include a required amount of healthy fat into your daily diet. Fats are required to increase the absorption of fat-soluble vitamins like Vitamins A, D, E and K. It is important to use healthy fat options which provide omega-3 fatty acids like fish, almonds, walnuts and vegetable oils. These fats are responsible for the growth and development of the body.

4. Iron And Calcium

Calcium is an important mineral that helps build strong bones in our body. Iron is required by the red blood cells for transporting oxygen throughout the body. Deficiency of iron in the diet makes you anemic and leads to a loss of stamina. Some

iron rich foods are broccoli, spinach, meat, beans, and nuts. Calcium can be obtained by consuming milk, cheese, yogurt, green leafy vegetables, and sardines.

5. Vitamin C

It is necessary to consume fruits that are rich in vitamin C. Vitamin C helps to strengthen our immune system and regulates the chemical reactions in our body. Sources of vitamin C are orange, kiwi, lemon, lime, cranberry, apple, guava, grapefruit, grapes, spinach, kale, bell peppers, tomato, broccoli, cauliflower, brussel sprouts, gooseberry, chives, basil, and thyme.

These are the 5 macronutrients and micronutrients that you should keep in mind when you buy your grocery. Include more of the 25 stamina enhancing foods mentioned below.

Stamina Foods List – Top 25

1. Almonds

Almonds are considered to be the world's healthiest foods. They are rich in vitamin E and omega-3 fatty acids. These fatty acids are an excellent source of energy and do not accumulate in the body. They **build strong bones**, nourish the brains, **improve heart health** and keep you energetic all through the day.

2. Apples

Red apples are **rich in antioxidants**, are high in soluble fiber, iron, vitamins, and minerals. Apple boosts the immune system, detoxifies the liver, controls weight and maintains a healthy heart. The soluble fiber keeps you full and energetic for a longer duration. Iron ups the hemoglobin in blood, increases the oxygen to muscles and builds up stamina.

3. Banana

Bananas are a **rich source of carbohydrates**, fiber, potassium, and fructose. Bananas provide instant energy and also increases stamina. Bananas trigger the release of dopamine that supports concentration and focus. It is as beneficial as a sports energy drink!

4. Corn

Corn is rich in vitamins, minerals, nutrients and antioxidants. Corn provides healthy calories for metabolism and significantly prevents various ailments. Corn is an excellent source of carbohydrates. **Corn lowers cholesterol**, improves heart function and builds up stamina. It provides readily available glycogen to the body that instantly generates energy.

5. Chicken

Chicken is an excellent source of lean protein. It supports a healthy body weight, promotes the growth and development of muscles and aids weight loss. Chicken improves stamina by keeping you satisfied and energetic all day. Eating chicken improves bone health, builds muscles, improves immunity and relieves stress.

6. Citrus Fruits

Citrus fruits are super **rich in vitamin C** that enhances the absorption of iron in food. Citrus fruits are great energy boosters; they cleanse the body and increase immunity. Drinking a glass of citrus juice increases the absorption by about 10 percent.

7. Beetroot Juice

Beetroots are rich in potassium, dietary fiber, and vitamins A and C. These nutrients help to build up stamina and reduce exhaustion. Beetroot juice is known to eliminate fatigue. **Drinking a glass of beetroot juice** before workouts can boost the energy levels.

8. Beans

Beans are rich in iron, fiber, carbohydrates, proteins and other minerals. They provide complete nutrition and enhance stamina by increasing the oxygen-carrying capacity of the blood.

9. Brown Rice

Brown rice is loaded with dietary fiber and complex carbohydrates. It is also a good source of Vitamin B complex. Brown rice is less starchy and hence takes longer to digest. This keeps the stomach full for long, energizes the body and helps to maintain the stamina levels.

10. Coffee

Coffee is an instant energy booster. It stimulates and energizes your brain making it alert and active. Excess **caffeine** or coffee is harmful. However, it can be used in limited quantities to cure migraines and get the required levels of stamina.

11. Dried Fruits

Dried fruits are an excellent alternative to refined sugars. They are packed with various essential nutrients, vitamins and essential fatty acids for maintaining a healthy and energetic body. They are **rich in omega-3 fatty acids** and are responsible for providing a lot of energy and help build up stamina.

12. Eggs

Eggs are one of the most nutritious foods and a **great source of proteins**. They are rich in vitamins, minerals, and antioxidants. Although eggs are high in cholesterol, they don't affect the levels of blood cholesterol. They are a wholesome food that increase stamina and keep your energy levels high all day.

13. Fish

Fish is incredibly nutritious. They are rich in proteins, vitamins, minerals and omega-3 fatty acids. Eating fish is beneficial for heart health, development of the brain and nervous system. Fish provide lean proteins and all other nutrients required for optimum stamina levels.

14. Green Tea

Green tea is rich in antioxidants. It helps detoxify the system and makes you feel more energetic. It is a brain stimulant like caffeine, but is a healthier choice. Green tea lowers cholesterol levels, aids in weight loss and builds up stamina.

15. Green Leafy Vegetables

Green leafy vegetables are rich in fiber, vitamins and are packed with micronutrients. Vitamin C provides a boost to the stamina levels, and fiber takes longer to digest and helps to maintain blood sugar levels.

16. Lean Meat

Lean meat is an excellent source of proteins and is low in fat and calories. It is rich in vitamins and minerals. Lean meat provides the required proteins for an energetic and highly active lifestyle. It builds muscles, strengthens the body and increases stamina.

17. Maca

Maca is a super food that has medicinal properties. It improves male fertility and libido. Maca root is mainly available in a powdered form. This is one of the best foods that increase sexual stamina and is medically prescribed to improve one's love life.

18. Pumpkin

Pumpkins are nutrition-packed, are **rich in vitamin A**, fiber and are low in calories. Pumpkin seeds are highly nutritious and contain proteins, and a wide variety of minerals like magnesium, manganese, zinc and copper. Pumpkin has a positive impact on hormones. It increases stamina and makes you fitter and more energetic.

19. Pomegranate

Pomegranates are rich in antioxidants, vitamins, and minerals. They promote healthy bones, cardiovascular health and boost immunity and stamina. Pomegranate has a high content of polyphenols and helps to eliminate muscle inflammation and soreness.

20. Oatmeal

Oatmeal contains complex carbohydrates. These break down at a slower rate and take more time to digest. This helps in keeping your stomach full for a longer duration. Oatmeal is power-packed and provides you with sustained energy for many hours. It **keeps the blood sugar levels optimal** and increases stamina as well.

21. Peanut Butter

Peanut butter is an excellent food to increase stamina. It is rich in omega-3 fatty acids that are required for a healthy heart and brain. Since peanut butter has high-calorie content, it takes a longer time to digest. Consuming peanut butter with complex carbohydrates keeps you full for a long time.

22. Quinoa

Quinoa is a super-grain that rich in amino acids, vitamins, fiber, and minerals. It is protein-rich and has twice as much fiber as other grains. It provides instant energy and keeps the energy levels high all through the day. Quinoa is considered a power packed food for athletes and also ups their stamina levels.

23. Red Grapes

Red grapes are abundant in natural sugars that provide instant energy and build stamina. These also contain resveratrol, which is a great energy booster.

24. Soybeans

Soybeans are the richest source of plant proteins and are one of the best foods to increase stamina. They are high in insoluble fiber, vitamins, and minerals. Soybeans help increase muscular strength and provide stamina to sustain a longer duration of physical activity.

25. Sundried Tomatoes

Sundried tomatoes are a good source of iron, fiber, and antioxidants. They also contain calcium and promote a healthy heart and strong bones. Sundried tomatoes provide 1/3 of the RDA of iron and help the muscles to get more oxygen.

[Read: [Essential Foods To Build Your Stamina](#)]

Stamina Building Superfoods For Athletes:

Athletes require tons of energy to sustain for longer durations. Some of the foods can indeed be tagged as superfoods as they help elevate the levels of stamina, endurance, and energy. Some nutritious foods like bananas, oatmeal, and sweet potatoes are excellent sources of energy for runners. Some of the stamina increasing foods are:

1. Bananas:

Bananas provide smart carbohydrates to boost energy levels required for a long distance run. They are a staple food for most of the athletes.

2. Kale:

This green leafy vegetable is packed with fiber, vitamin K for improving bone strength and nutrients to lower blood cholesterol.

3. Oatmeal:

Organic oatmeal provides plenty of fiber and complex carbohydrates. Oatmeal, with fresh fruits and flax seeds, makes a highly nutritious breakfast.

4. Walnuts:

Walnuts are an excellent source of omega-3 fatty acids. They boost stamina levels and also add a delicious crunch to any diet.

5. Sweet Potato:

Sweet potatoes are packed with complex carbohydrates. They are great after a strenuous workout and make an excellent replenishing meal.

6. Wild Salmon:

Salmon is the greatest source of omega-3 fatty acids. Salmon is loaded with nutrients and enhances the metabolic processes in the body.

7. Chia Seeds:

Chia seeds are a great addition to any meal or snack. These are packed with all the 20 amino acids and are also rich in omega-3 fatty acids.

For increasing stamina through foods, it is necessary to eat a balanced diet. **Drink plenty of water** all through the day and stay hydrated. Do regular exercises and perform physical activities like cycling, jogging, etc. that you love to do. Give yourself enough rest and lead an active and healthy lifestyle!