

USC Center for Work & Family Life

Eat this to Stay Awake!

Munching can help you stay awake but beware; eating too much can cause the opposite reaction and make you sleepy! Chew on these slowly and at regular intervals to get the maximum effect.

Food that is Caffeine Free:

1. Fruit (contains natural sugars, vitamin C, vitamin B1, all energy boosters)
 - *Apples: one of the best foods to eat to keep awake, includes ~13g of natural sugars and vitamins. Crunch and scent can stimulate senses*
 - *Citrus: Oranges and grapefruits contain vitamin C which boosts energy, tartness of lemons and limes can jolt your senses*
 - *Pineapple: high in B1, tartness stimulates senses*
 - *Watermelon: high in B1, hydrates to prevent fatigue*
 - *Red Bell Peppers (contains more vitamin C than oranges)*
2. Spices (taste can immediately wake you up)
 - *Salsa: also contains tomatoes and bell peppers*
 - *Beef Jerky: requires extra chewing and encourages you to drink water*
3. Tyramine (foods high in tyramine prompt secretion of chemicals in the brain that help you stay awake)
 - *Tomatoes: contain stimulant tyramine*
 - *Cured Meats: salami, sausage, pepperoni*

Foods With Caffeine:

- *Dark chocolate: preferably with less sugar content.*
- *Tea: preferably cold and either black or green (white and fruit teas have nearly no natural caffeine content)*
- *Caffeinated beverages (coffee, soda, energy drinks)*