



EMOTIONAL HEALTH

DOES FOOD AFFECT YOUR MOOD?

- Some foods lead to low energy levels and poor mood such as
 - Fizzy drinks with caffeine and sugar
 - Too many processed foods
- Some foods can make you feel happier and have more energy
- They can improve your concentration and memory, these are:
 - Fruit and vegetables
 - Healthy fats (oily fish, nuts, seeds, avocado)



Scan or click for healthy recipes for all the family.

MEAL IDEAS

BREAKFAST



Wholegrain bread



Choose nut butters or avocado



Add nuts, seeds or fruit to low sugar cereals

LUNCH AND DINNER



Batch cook meals at home



Add beans, lentils or chickpeas to rice



Cook with seed oil.
Add olive oil to salads



Try oily fish - salmon, sardines or mackerel

SNACKS



Peas, beans



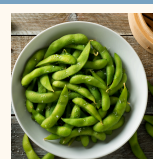
Fresh fruit



Yoghurt



Veg sticks and dip



Edamame



Nuts

DRINKS

Choose water rather than fizzy drinks or fruit juices. Try adding mint, slices of citrus fruit, berries or ginger to add some flavour.

