

FOOD & MOOD



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HOW CAN FOOD AFFECT OUR MOOD?

We all know that a good diet affects our physical health but did you know that eating healthily can affect our mental health too!? Not eating on a regular basis or eating the wrong foods are often to blame for mood changes. Improving what we eat improves mood, gives us more energy, helps us concentrate better and can even reduce stress and anxiety issues.

HEALTHY EATING TIPS



Aim to eat 5 fruit or veg a day (*can be Fresh, Frozen, tinned or dried*)



Eat breakfast (*if you struggle, try a piece of fruit*)



Drink plenty of water (*sometimes we are actually thirsty and not hungry! Water is also good for your skin*)



Don't emotionally eat (*if you are feeling down, don't over eat and try and distract yourself instead*)



Plan ahead to ensure better food choices (*this will also help you to not skip meals*)



Refer to the NHS Eatwell guide for more information on how to keep a balanced diet

HEALTHY FOOD SWAPS

Chips	→	Jacket potato
White bread	→	Wholemeal bread
Energy drink	→	Orange juice
Cup of coffee	→	Herbal tea
Crisps	→	Rice cakes
Biscuits	→	Dried fruit
Milk chocolate	→	Dark chocolate
Sugary cereals	→	Porridge