

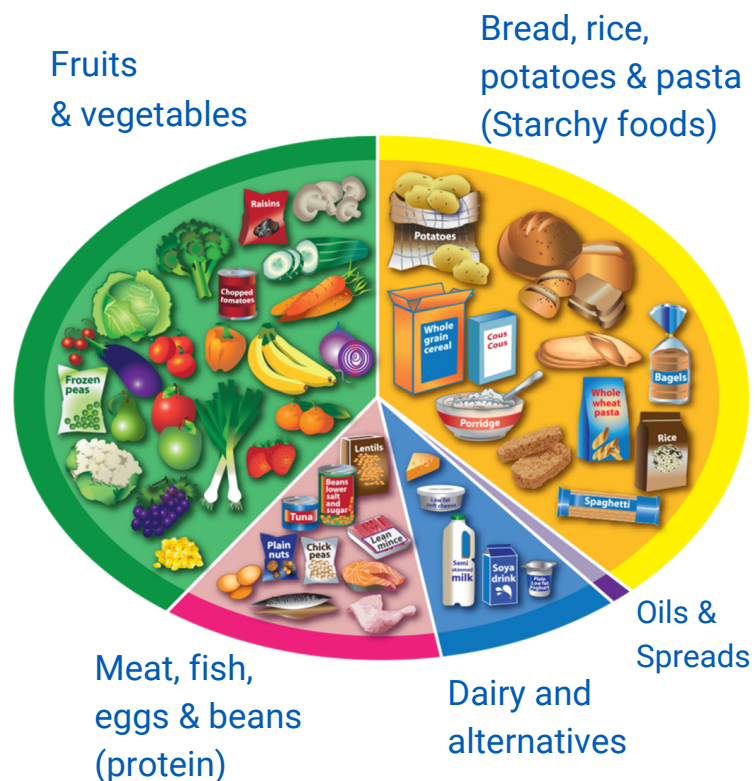
## Top Tips

- Eat **regularly** throughout the day.
- Stay **hydrated!** Keep a water bottle with you or set reminders on your phone.
- Eat fruits and vegetables of lots of different colours to help you get different vitamins and minerals.
- Make healthy eating more fun by trying new recipes or cooking with friends and family.



## The Eatwell Plate

The eatwell plate shows how much of each type of food to eat for a balanced diet.



Source: [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

# Food 4 Mood

Food can change the way we feel, think and behave - like our bodies, our brains need to stay healthy.

Created with the help of Year 11 students at St Mary's Catholic College

## Feeling low? Stressed? Tired or Angry?

- We need to eat lots of different types of food to keep our brains and bodies working well.
- Eating poorly may lead to depression and long term illness, we can protect our brains from this by eating lots of fruit and vegetables.

- Too much caffeine can make us get upset more easily or feel more anxious. It can also make it difficult to sleep and get headaches when we stop having it.

## The nutrients in food work together to keep our brains healthy:

- **Fats:** We need fat to keep the cells in our brain healthy. Fats are found in; Fish, olive oil, avocado, hummus, nuts and seeds.
- **Protein:** Protein helps make chemicals in the brain which keep us happy. They are found in; meat, fish, eggs, cheese, pulses, nuts, tofu and lentils.

- **Carbohydrates:** Carbohydrates give our brains the energy they need to work well. They also help make the chemicals in the brain which keep us happy. They are found in; Brown rice, oats, quinoa, sweet potatoes, wholewheat bread and pasta.
- **Micronutrients:** These are vitamins and minerals that stop us from feeling frustrated, tired and upset. They keep our brains working well by passing messages around the brain.

