EASY FOOD

Tips n Tricks
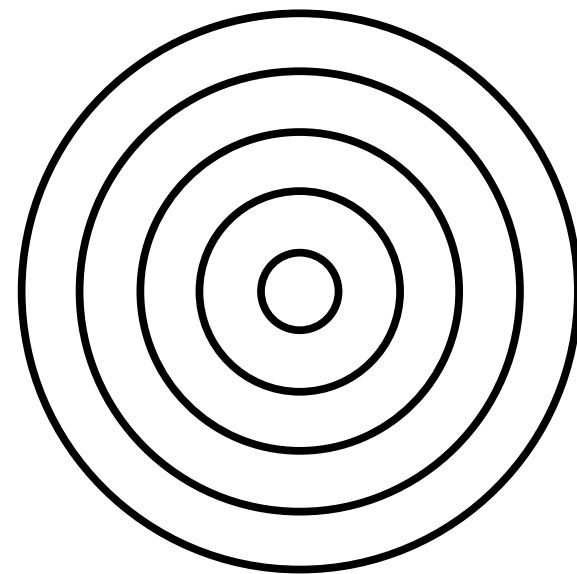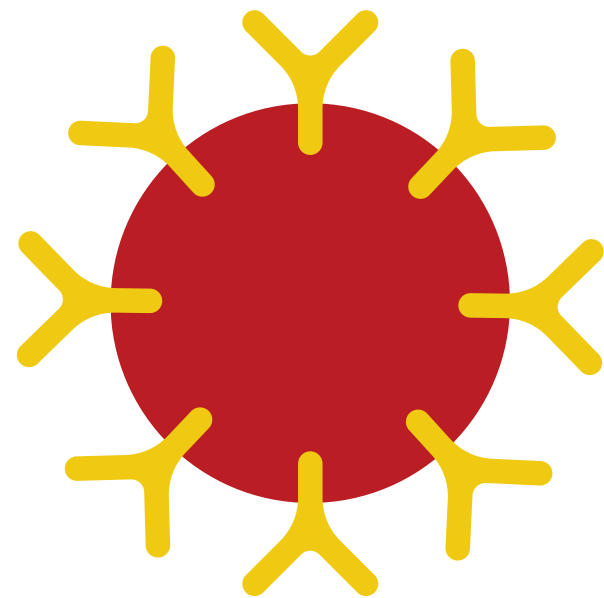
23 food tips for good mental health

How does eating well improve your mood ?

Better focus

More energy

Stronger immune system

Better long-term health

Eat a variety of vegetables

Eating different coloured vegetables is good for the gut and the mind

Legumes and beans

are high in fibre, vitamins and minerals

Tip

Canned beans are cheap, already cooked and are easy to add to a meal

Green leafy vegetables

are high in fibre, vitamins and minerals

Tip

Add 2-3 pieces of broccoli or a handful of spinach to a meal

Salad vegetables

are high in fibre, vitamins and minerals

Tip

Chop up some salad vegetables and have with hummus dip

Include fruit each day

Fruit is high in fibre, vitamins and minerals

Berries

are high in antioxidants that can reduce inflammation

Tip

Frozen berries are cheap to buy and can sweeten up your breakfast when added to cereal or yoghurt

Fruit is high in fibre, vitamins and minerals

Swap out

Chips or muffin

Piece of fruit

Oily fish
contains good fats

Tip
Canned fish is a cheap and easy option for a snack or a quick meal. Try tuna, sardines or salmon 2-3 times per week.

Avocado
contains good fats

Tip
Try avocado on crackers or toast as a snack

Olive oil
contains good fats

Tip
Use olive oil,
spray or spread

Nuts contain good fats

Swap out

Chocolate or lollies

Handful of nuts

Whole grains

contain fibre for gut health
and fuel for the brain

Wholegrain bread

is high in fibre and low in sugar

Tip

Try wholegrain, rye or sourdough bread instead of white bread

Oats
are high in fibre

Tip
Try oats and fruit with milk for breakfast

Wholegrain biscuits
are high in fibre

Swap out

Sweet biscuit

Wholegrain cracker with tomato

Yoghurt

is a fermented food which is good for gut health

Swap out

Ice cream

Yoghurt

Dark chocolate

contains antioxidants that help to reduce inflammation

Swap out

Milk chocolate

Dark chocolate

Drinking water
keeps you hydrated, alert and energised

Swap out

Soft drink

Water

Eating breakfast
keeps your energy levels steady throughout the day

Enjoy some fresh air

Sunlight provides Vitamin D which is important for brain health

Get enough sleep

Sleep has positive effects on our physical and mental health

Adults need at least 7 hours of sleep each day

Move more

Physical activity is good for our body and our brain

Try an activity you enjoy

Share mealtimes with others

Eating with other people is good for our mood and digestion

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