

# Healthy Eating

Having a healthy diet not only affects our physical health but can affect the way we feel as well.

A healthy diet can :

Improve our mood

Give us more energy

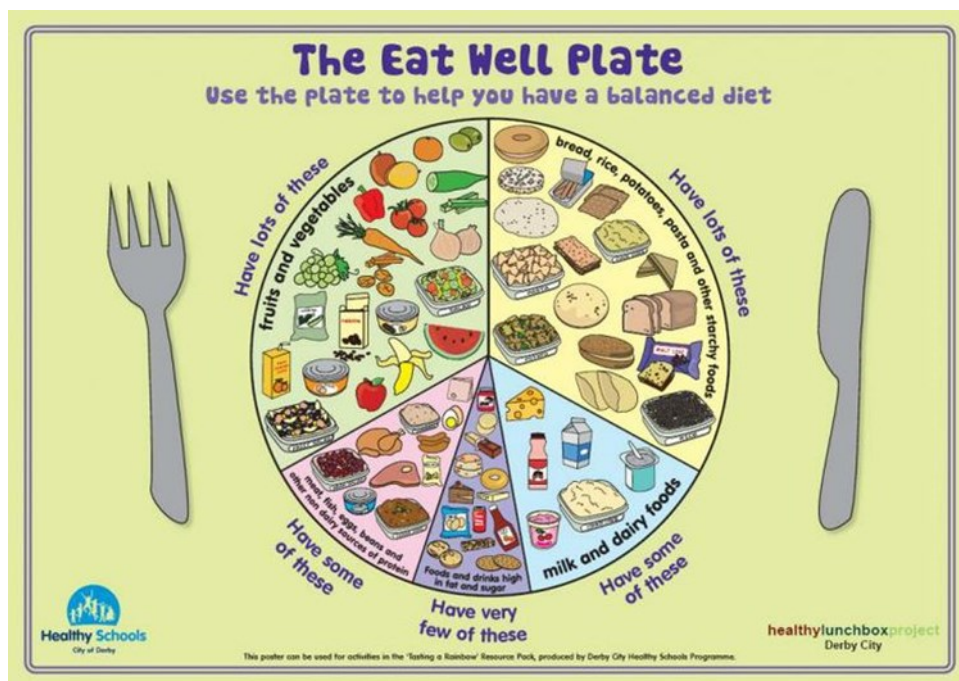
Help us to concentrate



# What is a healthy diet?

Healthy eating and drinking is having:

- at least 5 portions of fruit and vegetables every day;
- A starchy food with every meal e.g. potatoes, pasta, bread, rice.
- some dairy foods every day e.g. milk, cheese;
- some foods like meat, fish, eggs, beans (non-dairy) every day;
- 6-8 drinks every day (water and milk are good choices);
- if consumed, limit foods and drinks high in fat and/or sugar.



Top tips to help your emotional wellbeing.



### Keep your blood sugar levels steady

If your blood sugar levels fall you may feel tired and irritable and your mood could drop.

Avoid this by eating regularly and choose slow release energy foods such as pasta, rice, oats, wholemeal bread and oats.

Don't skip breakfast or eat too late in the evening



Avoid sugary drink and snacks that make your blood sugar level go up and down quickly. E.g. cakes, biscuits, fizzy drinks.





## Stay hydrated

If you are dehydrated you may feel like you can't concentrate or think clearly.

### Do drink



Water, herbal tea, dilute fruit juices.

### Avoid

Drinks with caffeine in them as they can make you feel anxious and depressed and could interrupt your sleep if you drink them near to bedtime.

E.g. coffee, cola, energy drinks







## Keep your brain working well

Your brain needs protein to regulate your thoughts and feelings.

Protein is found in lean meat, fish, eggs, cheese, legumes (peas, beans and lentils), soya products,



Your brain also needs the right kind of fats to work well.

Good fats for your brain are found in oily fish, poultry, nuts, olive and sunflower oils, seeds (such as sunflower and pumpkin), avocados, milk, yoghurt, cheese and eggs.



## How you can help yourself

Keep a mood/food diary to track what you eat and when.

Is there an area of your diet that could be improved?

Are you eating regular meals?

Are you eating a balanced diet?

Are you comfort eating?

Are you eating late at night?

Are you skipping breakfast?

### Helpful links

[nhs.uk/change4life](https://nhs.uk/change4life)

Information and tips on healthy eating and living.

[Mind.org.uk](https://www.mind.org.uk)

Further information about food and mood

Beat

<https://www.beateatingdisorders.org.uk/>

Information & help for eating disorders

### **Brighton and Hove Schools Wellbeing Service**

If your child is struggling with a healthy diet, sleep problems, anxiety or worry during this time, our 'Trainee Education Mental Health Practitioners' can offer one to one or group interventions for children and young people. For enquires, please contact the Schools Wellbeing Service consultation line, leaving your name and number and someone will call you back.

**Number-** 01273-293481

**Email-** [SWSConsultationLine@brighton-hove.gov.uk](mailto:SWSConsultationLine@brighton-hove.gov.uk)

