

Nottinghamshire Children's Centre Service

Food for wellbeing

Our brain, just like our heart, is sensitive to what we eat. By eating a balanced diet, we can help our brain to function better and stay healthy as well as giving ourselves more energy and improving our mood.

Here are 8 tips on how food can improve your mood:

- **Eat regularly** – To avoid the sugar highs and lows that processed foods can give us, eat regularly, and choose foods that release energy slowly such as pasta, oats, nuts, and seeds
- **Stay hydrated** – Aim to drink 6-8 glasses of fluid a day
- **Get your 5-a-day** – Make sure you are eating the rainbow of fruit and vegetables each day
- **Look after your gut** – For healthy digestion include plenty of fibre and fluid into your diet. Exercise is great too!
- **Eat enough protein** – Not only does protein make you feel fuller for longer, but it also contains essential amino acids which regulate your thoughts and feelings
- **Manage your caffeine intake** – try switching to decaffeinated, your brain will thank you
- **Eat the right fats** – Your brain needs fatty acids to work well, but it is important to get a good balance of the right ones



#MaternalMHMatters



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