



Food and Mood

WHY EATING GOOD FOOD IS GOOD FOR YOUR MOOD!



Why Food and Mood in school?

Food for Life together with the Alaskan Seafood Marketing Institute worked with 3 schools across England to find out what pupils and school staff knew about eating a healthy balanced diet and the affect on mood.

Pupils told us

“ we want to learn more”

“We want to learn from experts”

Pupils asked a team of experts about mental health.

This has been made into a short film.



Eating good food is good for your mood!

- Did you know that eating well can make a difference to our mental wellbeing?
- Your mental wellbeing is about how you're feeling right now, and how well you can cope with daily life.
- Our wellbeing can change from moment to moment, day to day, or month to month. If we don't have the right fuel in our bodies our mood can be affected.
- A healthy diet can give us energy, improve our mood and help us to think clearly. By eating regularly throughout the day we can help stop ourselves feeling tired, frustrated and cranky.





The Eatwell Guide

Shows what a healthy balanced diet looks like

To get all the nutrients we need to live we need to eat lots of different foods.

We need more of some foods than others.

Larger sections on the eatwell guide show the foods we should eat more of.





Fruit and vegetables - These contain a lot of the minerals, vitamins and fibre we need to keep us physically and mentally healthy. We should aim to eat 5-a-day!



Potatoes, bread, rice, pasta and other starchy carbohydrates - These are a good source of energy and the main source of a range of nutrients in our diet



Dairy and alternatives - These are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones healthy



Beans, pulses, fish, eggs, meat and other proteins - These are good sources of protein, vitamins and minerals. They can help keep you fuller for longer. Proteins also help your brain to regulate your thoughts and feelings.



Drink 6 – 8 glasses of water a day.
Drink more if it is warm or you have
been exercising.



Eat a RAINBOW

Eating a variety of different coloured
fruits and vegetables every day means
you'll get a good range of nutrients.

Ask the experts about Food and Mood

[Watch the “ask an expert” film](#)



Where can I learn more?

If you want to learn more about mental wellbeing and healthy eating take a look at some of the websites listed here:

MIND - <https://www.mind.org.uk/information-support/tips-for-everyday-living/food-andmood/about-food-and-mood/>

BDA - <https://www.bda.uk.com/resource/food-facts-food-and-mood.html>

Change 4 Life - <https://www.nhs.uk/change4life>

Food a Fact of Life: <https://www.foodafactoflife.org.uk/whole-school/bnf-healthy-eatingweek-2020/be-mind-kind/>

