Food and Mood

Eating well can make all the difference to our mental health. Some foods directly affect our brain chemistry while others contain nutrients that support our happy hormones.

Here are some top tips and good mood foods:

Regular mealtimes

When we have low blood sugar our brains go into 'fight or flight' mode and tempers can fray. Eating foods that fill you up means you don't need to snack between meals for your mood to stay sunny.

Eat lots of

- Food high in protein eg Beans and peas, unsalted nuts and seeds, whole grains, sustainably sourced fish and meat

Love your good bugs

Fibre-rich foods help feed your friendly bacteria. Your tummy is sometimes called the second brain. These bugs produce 95% of our body's happy chemicals. Fibre also regulates your digestion. Nobody feels good when they can't poo!

Eat lots of

- Leafy vegetables – full of fibre and water
- Root vegetables – lots of fibre and starch, and a source of good bacteria
- Brown rice and oats – contain soluble fibre – these balance blood sugar and contain soluble fibre which good bugs love.

Grab your greens

The green pigment in leafy greens contains lots of magnesium. Magnesium helps us relax and has been shown to help calm anxiety.

Eat lots of

- Kale, Cabbage, Lettuce, Spinach, Watercress, Parsley

Go nuts

Walnuts are a great source of nutrients we need for mental health. Some people think that's why they look like a brain!

Drink more water

Dehydration can make us feel confused. Just sipping water throughout the day keeps us well hydrated. Tea and coffee can make us dehydrated, so water or herb tea is ideal.

Did you know that there is a messenger chemical in the brain called serotonin which improves mood and how we feel. Serotonin is made with a part of protein from the diet (tryptophan), and eating carbohydrate-rich foods such as eggs, nuts, seeds and spinach may help more of this get into your brain.

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