

Food & Mood



 Mind

Tyneside and

Northumberland

Mind

Tyneside and Northumberland

We all know that we need to eat fruits and vegetables and a balanced diet for good physical health but eating well impacts our mental health too.

Eating regularly will keep our blood sugar levels stable. When our blood sugar levels drop, we feel tired, irritable and more anxious.

Caffeine, nicotine and refined sugar can also exacerbate anxiety symptoms.

Protein

1/3 of our food intake should come from protein

•Protein helps keep our blood sugar levels stable, releases energy slowly and is good for cell repair

Foods high in protein include; lean meat, fish, eggs, cheese, nuts and seeds

Healthy Fats

Eating enough fat is important to keep our brains working well.

Healthy fats are good for us and shouldn't be avoided.

Healthy fats include; oily fish, chicken, nuts and seeds, cooking oils, avocados and dairy products.



Mind

Tyneside and Northumberland

Don't forget about fibre ...

Keeping your gut healthy can also help improve your mood, helping us to feel more energized and keeps our brains working well.

Gut healthy foods are high in fiber for example; whole grains, fruits, vegetables and live yoghurts.

Hydration

Mild dehydration can have a negative impact on energy levels and moods

We should be drinking 6-8 glasses of water daily which is 1.2 litres

Drinking water has additional health benefits including; boosting energy, reducing headaches, reducing sugar cravings, fights infection and rids the body of toxins, healthy heart and skin, prevents joint pain and constipation and improves productivity.

Super-Mood Foods

Walnuts are a mood booster

Avocado is good for brain power

Apples balance blood sugar and repair cell damage

Seeds boost moods and increase our body's ability to absorb other nutrients



**To find out more head to:
Tynesidemind.org.uk**

**For immediate help call now at:
0191 477 4545**

**Tyneside and Northumberland Mind
1st Floor MEA House, Ellison Place
Newcastle upon Tyne, NE1 8XS
Registered Charity No: 1140856**

Follow us on:



@tynesideandnorthumberlandmind



@tynesidenorthumberlandmind



@TynesideMind

The logo for Mind, featuring a stylized, hand-drawn blue circle with a cross inside, followed by the word "mind" in a blue, lowercase, sans-serif font.
**Tyneside and
Northumberland**