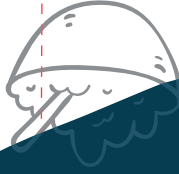


**Breakfast**  
Start the day well with  
a nutritious breakfast.

**Food for mood**  
Eating a healthy, balanced diet  
can really help in supporting our  
wellbeing in mind and body. A  
good diet contributes to us thinking  
more clearly, keeping calmer and  
feeling more positive. Read on  
to see how food could help to  
improve your mood!



**Limit sugary snacks and drinks**  
These may give you a quick energy  
boost but will fizzle out quickly and  
may lack vital nutrients.

**Positive energy**  
Pick positive, slow-  
release energy foods  
such as oats, proteins,  
nuts, wholegrains  
and seeds.

**Eat regularly**  
Don't miss meals;  
avoid letting blood  
sugar levels drop  
which could leave  
you feeling irritable,  
tired and down.



**Talking to us can really help**  
Hounslow Youth Counselling Service

T 020 8568 1818 SMS 07784 481308  
E [ask@hycscounselling.co.uk](mailto:ask@hycscounselling.co.uk)  
[www.hycscounselling.co.uk](http://www.hycscounselling.co.uk)

78 St John's Road, Isleworth,  
Middlesex TW7 6RU

Registered Charity 1196320 (formerly 296333)

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# Food and Mood



**HYCS**

**Pocket guide**

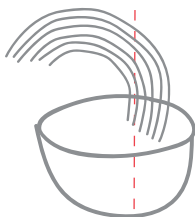


**Keep hydrated!** Alongside the right foods, don't forget to drink plenty of water which will help boost your concentration and reduce the risk of constipation!



**Eat a rainbow!** Eating a selection of fruits and vegetables and of different colours will help to ensure you are getting a good mix of vitamins, minerals and fibre.

**TIP:** Eating raw or steamed fruits/veg will help to ensure you are getting the full benefit!



**Protein power** – Naturally protein-rich foods such as lean meat, eggs, fish, cheese, nuts/seeds and peas, beans and lentils, help both to control blood sugar levels and help your brain to manage thoughts and feelings.



### Additives

Some food additives such as tartrazine and MSG and preservatives are known to affect mood.

### Cut out the caffeine

Avoid caffeinated drinks (tea/coffee).



### Digest before rest

Avoid eating heavy meals before bed which may give you indigestion and affect your sleep.

### Brain power

Eating the 'right fats' helps boost the brain – Omega 3 and 6, are found in oily fish (ie salmon/ tuna), nuts, olive/sunflower oil, seeds, poultry, avocados, eggs, cheese. Limit foods high in trans fats and partially hydrogenated oils – such as cookies and cakes.



### Stress-busting complex carbs

Slow release complex carbs such as oats and barley, wholegrain pasta and bread, naturally help to encourage the brain to produce the feel-good hormone serotonin.

If you feel you may be struggling with eating related issues it may be helpful to talk to someone who will listen and take your worries seriously.

#### • HYCS 020 8658 1818

For free, confidential youth counselling support in Hounslow Borough or visit <https://www.hycscounselling.co.uk/self-help-hub/> for more ideas.

#### • Visit your GP

#### • Beat Youthline 0808 801 0711

or Beat Studentline 0808 801 0811

#### Helpline support 24/7

#### • Childline 0800 1111 (24hr)

#### • Samaritans 116 123 (24hr)

#### • YoungMinds Crisis Messenger

Text YM to 85258 24/7 support

### Medications and food

If you are on medication, check to see if there are any foods to avoid.

**Note – please always consult a professional such as your GP, a dietician or nutritionist if you are concerned about food and health or think you may have food intolerances!**