

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



**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.

**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!



**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)

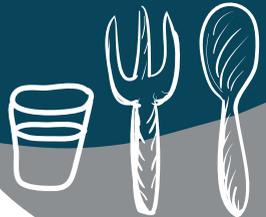
78 St John's Road, Isleworth,  
Middlesex TW7 6RU

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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!



### 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.



**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.

### 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.

### 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!**

- **HYCS for free, confidential counselling support 020 8568 1818**
- **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**