

Tips for a healthier diet – and healthier mind

What we eat can have an impact on our mental health. So a few adjustments here and there can give you more energy, improve your mood and help you think more clearly.

Stay hydrated

Drink between six and eight glasses of fluid a day – dehydration can affect your concentration. However...



Go steady with the caffeine

It might give you a quick burst of energy, but too much can make you feel jittery and anxious or disturb your sleep.

Eat the right fats

Not all fats are bad. Healthy fats are found in food like oily fish, nuts, seeds, avocados and dairy. Try to avoid trans fats or partially hydrogenated oils that are in some cakes and biscuits.



Don't skip the protein

Fish, lean meat, eggs, cheese, lentils, nuts, seeds and soya products all contain amino acids, which your brain uses to regulate thoughts and feelings.

Look after your gut

If you're stressed or anxious, it can make your gut slow down or speed up. For a healthy digestive system, eat plenty of fruit, wholegrains, pulses and live yoghurt.



Eat regularly

When your blood sugar drops, it can make you feel tired, hangry – even depressed. Try eating smaller portions more regularly and opt for foods that release energy slowly, such as pasta, rice, oats and wholegrains.