Improve your Mood with Food

Healthy eating is about feeling great, having more energy, coping with daily stress and improving your mood.

Aim for the "3" – eat three meals a day, eat every three hours, and include three food groups at each meal. Fruits, vegetables, whole grains and protein-rich foods will provide a good supply of nutrients to improve your mood.

Tips for Healthy Eating:

- Start your day with a protein-rich breakfast
- Carry healthy snacks with you
- Trouble eating? Replace a meal with a fruit yogurt smoothie
- Eat 2 servings of fish each week rich in omega 3 fats
- Drink more water
- Limit your caffeine
- Reduce foods high in fat, sugar and salt
- Trouble sleeping? A snack such as wholegrain cereal before bed may help

For more support, contact a Registered Dietitian

Energizing power breakfast

Energizing protein-rich morning snack

Protein-rich lunch and afternoon snack

Calming carbohydrate-rich dinner

Relaxing, help-you-sleep snack

Adapted from Healthy Measures Eat Well

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