



# NUTRITION FOR WELLBEING

# NUTRITION FOR WELLBEING

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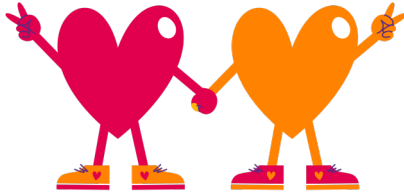
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# NUTRITION FOR WELLBEING

## TOP TIPS - QUICK GUIDE

### **Eat a healthy, balanced diet...**

This includes eating a variety of: protein, carbohydrates, fats, vegetables and fruit. Eating this variety will ensure you have the nutrients your body and brain needs to thrive.



### **Eat regular meals and don't skip meals - especially breakfast**

Our brains and bodies need food and nutrients to be able to function, so it's really important that you eat regularly throughout the day.

Just like we wouldn't be able to use our phones without charging them up - we can't use our brains and bodies to their full potential without fuelling them with nutritious food.



### **Stay hydrated**

Drinking plenty of water is important to ensure we stay hydrated. Water is the best source of hydration - unfortunately other drinks such as juices contain a lot of sugar and energy drinks also contain high amounts of caffeine which is dehydrating.

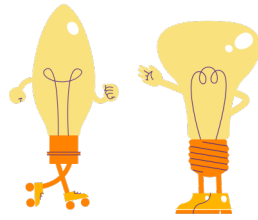


### **Lower the amount of processed and fast food you eat...**

Although they often taste good - **processed foods** contain very little nutrients and lots of saturated fats, salt and sugar. So enjoy them in small amounts alongside eating mostly healthy, nutritious foods.

**Processed foods are foods that have been changed from their original, natural state, such as packaged snacks (crisps, biscuits etc), breakfast cereals, sugary drinks and so on.**





# NUTRITION FOR WELLBEING

## FOOD GROUPS - QUICK GUIDE

### Protein

Protein is important for building and repairing muscles and tissues, supporting your immune system and providing energy. Healthy protein sources include: meat, fish, Greek yogurt, cottage cheese, paneer, eggs, lentils, beans and tofu.



### Carbohydrates

Carbohydrates are important for providing energy to your brain and body. Carbohydrates can also be stored in your muscles and liver for later use when needed.

*Carbohydrates also provide your body with fibre which is very important for digestion, heart health and supporting healthy blood sugar levels.* Healthy carbohydrate sources include: potatoes, yams, oats, rice, grains, lentils, wholegrain bread, corn and fruit.



### Fats

Fats are important for providing energy to your brain and body and supporting the absorption of micronutrients.

*A lot of healthy fat sources also include omega 3 fatty acids, which are incredibly important for brain health and development.*

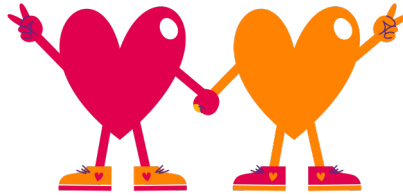
Healthy fat sources include: oily fish, eggs, cheese, avocado, nuts/nut butters, dark chocolate, olive oil and coconut oil.



### Vegetables and Fruits

Vegetables and fruits provide our body with vitamins and minerals. Try to vary the vegetables and fruits you eat - the bigger the rainbow, the better!





# NUTRITION FOR WELLBEING

## FOODS TO SUPPORT MENTAL HEALTH - QUICK GUIDE

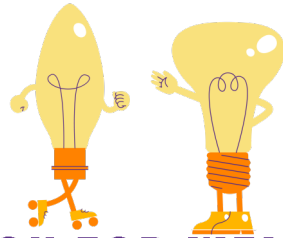
Here are some top tips on how best to support your mental health and wellbeing through food:

- Eat a range of Protein, Carbohydrates, Fats, Vegetables & Fruit each day.
- Eating a range of the above will mean you are also consuming fibre, omega 3s and a range of macronutrients and micronutrients.
- Try to vary the vegetables and fruits you eat - the bigger the rainbow, the better.

Fun fact— research suggests some of the top foods related to good mental health are: lettuce, apples, berries, bananas, citrus fruits, kiwis, carrots, leafy green veg and cucumber.

- Prioritise eating whole foods and lower the amount of processed and fast foods you eat.
- Lower the amount of caffeine and sugary drinks you consume.
- Eat regular meals throughout the day and always start the day with a nutritious breakfast.
- Stay hydrated by drinking plenty of water.





# NUTRITION FOR WELLBEING

## FOODS TO HELP WITH SLEEP - QUICK GUIDE

On top of the tips for supporting your mental health and wellbeing through food...

Here are some top tips for supporting your sleep through food:

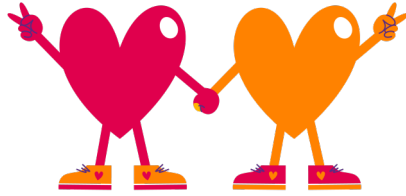
- Include wholegrain, low sugar carbohydrates and protein in your final meal of the day.
- Drink herbal teas such as chamomile before going to sleep.
- Consume calcium sources before going to sleep, such as milk or yogurt.
- Ensure you are well hydrated.

**Foods that are best to avoid before bed:**

- Caffeine sources.
- Processed carbohydrates.







# NUTRITION FOR WELLBEING

## TOP TIPS

Your teenage years are a really important time for growth and development - your bodies are growing and navigating puberty and your brain is continuing to develop. This all requires lots of nutrients to support it and the best way to get this is through food and nutrition (alongside good quality sleep).

**1) Eating a healthy, balanced diet supports you to have all the nutrients you need to feel good in your physical and mental wellbeing, stay healthy, be able to engage well in learning and hobbies and enjoy time with your friends.**

This includes eating a variety of: protein, carbohydrates, fats, vegetables and fruit. You can learn more about these different food groups in more detail on the next page.

**2) Eat regular meals and don't skip meals - especially breakfast.**

Our brains and bodies need food and nutrients to be able to function. This is why it's really important that you eat regularly throughout the day and ensure you have breakfast before going to school, college or work - so that your brains can be ready for all the learning they will be doing.

Just like we wouldn't be able to use our phones without charging them up - we can't use our brains and bodies to their full potential without fuelling them with nutritious food.

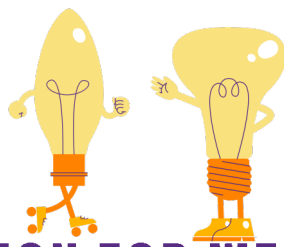
**3) Stay hydrated.**

Drinking plenty of water is important to ensure we stay hydrated - our bodies are around 60% water.

Water is the best source of hydration - unfortunately juices contain a lot of sugar and energy drinks contain a lot of caffeine which dehydrates the body.

**4) Lower the amount of processed and fast food you eat**

Eating healthily doesn't mean cutting out all processed and fast foods, but it does mean eating them less often and in smaller amounts. Although they often taste good fast foods contain very little nutrients and lots of saturated fats, salt and sugar. So enjoy them in small amounts alongside eating mostly healthy, nutritious foods.



# NUTRITION FOR WELLBEING

## FOOD GROUP GUIDE

### **Protein**

Protein is important for: building and repairing muscles and tissues, supporting the function of your cell membranes, creating enzymes and hormones, supporting the immune system, maintaining a pH balance in our bodies and providing energy.

**Healthy protein sources include: meat, fish, Greek yogurt, cottage cheese, paneer, eggs, lentils, beans and tofu.**

### **Carbohydrates**

Carbohydrates are important for: providing energy to your brain and body.

Carbohydrates are the preferred energy source for your central nervous system, brain and red blood cells (and are also stored in your muscles and liver for later use when needed).

Carbohydrates also provide your body with **Fibre** which is very important for digestion, as well as heart health and supporting healthy blood sugar levels.

**Healthy carbohydrate sources include: potatoes, yams, oats, rice, grains, wholegrain bread, corn and fruit.**

### **Fats**

Fats are important for: providing energy to your brain and body, supporting cell membrane health and the absorption of micronutrients.

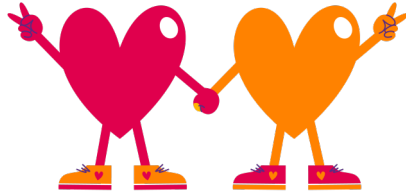
**Healthy fat sources include: oily fish, eggs, cheese, avocado, nuts/nut butters, dark chocolate, olive oil and coconut oil.**

A lot of these healthy fat sources also include omega 3 fatty acids, which are incredibly important for brain health and development.

### **Vegetables and Fruits**

Vegetables and fruits are important for: providing our body with all the micronutrients (which is all the vitamins and minerals) that we need. Micronutrients are equally as important as the above 3 macronutrients (Protein, Carbohydrates and Fats) in providing our body and brains with what they need to thrive. To support yourself to get the best range of vitamins and minerals, it is best to eat a wide variety of vegetables and fruits - with a minimum of 5 portions a day.

**For optimal brain and body health - we should try to eat a range of the above food groups everyday.**



## NUTRITION FOR WELLBEING

# FOODS TO SUPPORT MENTAL HEALTH

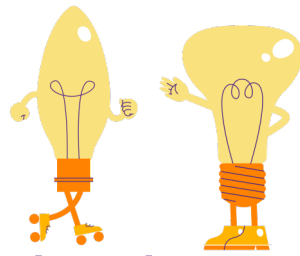
Food doesn't just support our physical wellbeing, it is also extremely important for our mental wellbeing too. In fact, research is now looking into how food can support our mental health. This is because research is showing that our gut and brain are connected, and that having a healthy gut microbiome can positively impact our mental health and wellbeing.

Our brain is also one of our biggest (and arguably hungriest) organs in our body and requires food to provide the huge amount of energy it needs to function. In fact, the brain uses around 20% of our body's energy every day! Part of this is to support functions such as neurotransmitters (e.g. creating serotonin and dopamine) that support our wellbeing and mood.

**Therefore, research suggests that eating a balanced, healthy, whole foods diet helps to build a healthy gut microbiome and so is very helpful for supporting our mental health and wellbeing.**

**Here are some key takeaways on how best to support your mental health and wellbeing through food:**

- Eat a range of Protein, Carbohydrates, Fats, Vegetables and Fruit each day.
- Eating a range of the above will mean you are also consuming fibre, omega 3s and a range of macro and micronutrients.
- Try to vary the vegetables and fruits you eat - the bigger the rainbow, the better! Fun fact - research suggests some of the top foods related to good mental health are: lettuce, apples, berries, bananas, citrus fruits, kiwis, carrots, leafy green veg and cucumber.
- Prioritise eating whole foods and lower the amount of processed and fast foods you eat.
- Lower the amount of caffeine and sugary drinks you consume.
- Eat regular meals throughout the day and always start the day with a nutritious breakfast!
- Stay hydrated by drinking plenty of water.



## NUTRITION FOR WELLBEING

### FOODS TO HELP WITH SLEEP

When thinking about our physical and mental wellbeing, another factor that is really important to consider is sleep. Sleep provides a necessary rest and repair process for our minds and bodies. When we get enough good quality sleep it supports our wellbeing by:

- Supporting our learning and memory by allowing the brain time to register and organise memories.
- Supports our emotional regulation.
- Supports our growth and development (which is particularly important in our adolescence).
- Supports our immune system.
- Overall supports the healthy functions of our organs, impacting our overall health and wellbeing.



For more information access this guide from the NHS

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/>

It has been suggested that the following foods could help with supporting sleep:

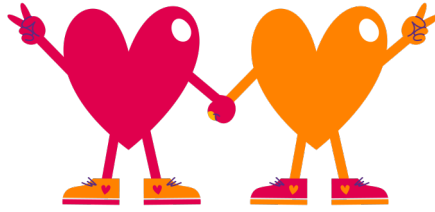
- Include wholegrain, low sugar carbohydrates and protein in your final meal of the day.
- Drinking herbal teas such as chamomile before going to sleep.
- Consuming calcium sources before going to sleep, such as milk or yogurt.
- Ensuring you are well hydrated.

**Foods that are best to avoid before bed:**

- Caffeine sources.
- Processed carbohydrates.







## NUTRITION FOR WELLBEING

### FINDING AFFORDABLE HEALTHY FOODS

We know that eating healthy whole foods can be really difficult in terms of cost.

Here are a few tips on how to try and make eating this way more affordable:

- ◆ Buy canned legumes, vegetables, fish etc.
- ◆ Buy frozen fruits or vegetables.

Frozen fruits and vegetables provide just as much nutrients as the freezing process conserves the nutrients.

- ◆ Buy bags of wholegrains and lentils.

- ◆ Build meals around wholegrains - this can help meals go a long way.

*For example - wholegrain pasta or rice, canned vegetables/leafy greens, canned tomatoes, herbs and spices and a little olive oil would make a great balanced dish.*

- ◆ If this is a new way of eating for you - begin by focusing on one meal a day and making this as full of healthy, whole foods as you can - perhaps breakfast to give you a positive start to the day.

*Create a nutritious breakfast for yourself by picking a food from each food group: protein, carbohydrates, fats and vegetables/fruits.*

- ◆ If you are worried about vitamin / mineral deficiencies, speak to your GP first. They can test your blood and ensure you receive the correct medication or advice on supplementing your diet as too much of some vitamins / minerals can be harmful.

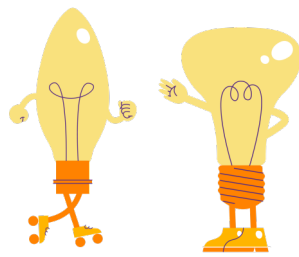
- ◆ You could also visit your local food bank, who may be able to provide some of these nutritious foods.

<https://www.trussell.org.uk/emergency-food/find-a-foodbank>



*Remember every little helps - if you aren't able to eat this way all of the time, don't worry - even if you eat this way once a week, it will help in supporting your body and brain to have the nutrients it needs to thrive.*





# NUTRITION FOR WELLBEING

## HEALTHY WAYS TO GET AN ENERGY BOOST

Keep hydrated

Get some fresh air and sunlight

Go for a walk

Exercise/move regularly (helps to support energy levels)

Get enough sleep (ideally 7-9 hours a night) or have a power nap

Have a nutritious breakfast (supports sustained energy levels)

Take a moment to stretch

Have an energy-rich nutritious snack, such as:

- \* Fruit with peanut butter
- \* Greek yogurt with berries
- \* Hummus with vegetables



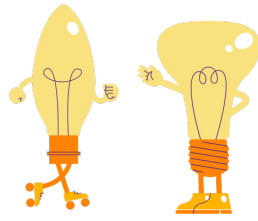
Take a moment to rest

Have a DANCE or SINGING break

Do something that brings you joy!

Spend time with people who bring you joy!





# NUTRITION FOR WELLBEING

## WORDSEARCH

C M N E O Q I K I J L D J X M X R H D B  
J L A D H G L F B K W A X N I I L F X K  
G F L A O Y I C Y U F I T D G K O E B F  
V C L H N M D V O S D F L D C U T G K Q  
R A D O P K F R I O Z Z N B W V M O E L  
H R V M W B H V A P V E G E T A B L E S  
E B U R O N U O A T K W E R K T N Z I P  
A O F L N V P Y J S I Z C P G O W S V N  
L H D A P B E R X D D O U E M K H T R N  
T Y F U T Z L M O V K D N B N E Y F T R  
H D E C D S G R E T U O C C V R H R P L  
M R V R H V H S Z N E W M L T A N U Y K  
K A E A H P M P R C T I U H P O U I W K  
A T N I V Q R C T F F P N A Y U B T A M  
K E E N L S J T I O V S R T W U J S H K  
V S R B S T P L T O K P O J I E C M C R  
V W G O B S Z F F P T F A N S L E E P N  
B F Y W E N V B F F H W E L L B E I N G  
F F N A E H J E M I Z O X Q F S B Z G P  
J U V V F T N J K A F W Q F R O A X B A

Carbohydrates

Fruits

Movement

Sleep

Energy

Health

Protein

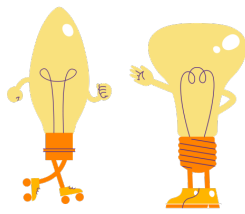
Vegetables

Fats

Hydration

Rainbow

Wellbeing



# NUTRITION FOR WELLBEING

## QUIZ

**Which of these are the three types of macronutrients?**

- A) Protein, Carbohydrates, Fats
- B) Protein, Vegetables, Fats
- C) Carbohydrates, Fats and Fruit
- D) Protein, Fats and Vegetables

**Which foods groups provide your body with micronutrients?**

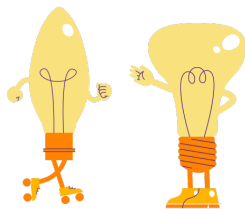
- A) Protein and Fats
- B) Fats and Vegetables
- C) Vegetables and Fruits
- D) Carbohydrates and Protein

**True or False: It is best to “eat the rainbow” (rather than have a plate with all the same coloured foods) as it provides a variety of different nutrients.**

- A) True
- B) False

**What percentage of our body is made up of water?**

- A) 50%
- B) 40%
- C) 25%
- D) 60%



# NUTRITION FOR WELLBEING QUIZ

**True or False: To best support our health and wellbeing, we should try and lower the amount of processed foods we eat.**

- A) True
- B) False

**On average, how much of your body's energy does your brain use every day?**

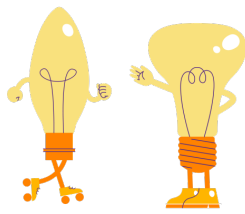
- A) 10%
- B) 5%
- C) 20%
- D) 30%

**What is the minimum number of vegetables and fruits you should try and eat each day?**

- A) 3
- B) 5
- C) 2
- D) 7

**True or False: A healthy, balanced diet should include a variety of protein, carbohydrates, fats, vitamins and minerals, fibre and omega 3.**

- A) True
- B) False



# NUTRITION FOR WELLBEING

## QUIZ ANSWERS

**Which of these are the three types of macronutrients?**

A) Protein, Carbohydrates, Fats

**Which foods groups provide your body with micronutrients?**

C) Vegetables and Fruits

**True or False: It is best to “eat the rainbow” (rather than have a plate with all the same coloured foods) as it provides a variety of different nutrients.**

A) True

**What percentage of our bodies is made up of water?**

D) 60%

**True or False: To best support our health and wellbeing, we should try and lower the amount of processed foods we eat.**

A) True

**On average, how much of your body’s energy does your brain use every day?**

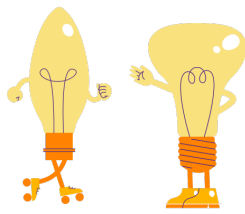
C) 20%

**What is the minimum number of vegetables and fruits you should try and eat each day?**

B) 5

**True or False: A healthy, balanced diet should include a variety of protein, carbohydrates, fats, vitamins and minerals, fibre and omega 3.**

A) True



# NUTRITION FOR WELLBEING

## WORDSEARCH ANSWERS

C M N E O Q I K I J L D J X M X R H D B  
J L A D H G L F B K W A X N I I L F X K  
G F L A O Y I C Y U F I T D G K O E B F  
V C L H N M D V O S D F L D C U T G K Q  
R A D O P K F R I O Z Z N B W V M O E L  
H R V M W B H V A P V E G E T A B L E S  
E B U R O N U O A T K W E R K T N Z I P  
A O F L N V P Y J S I Z C P G O W S V N  
L H D A P B E R X D D O U E M K H T R N  
T Y F U T Z L M O V K D N B N E Y F T R  
H D E C D S G R E T U O C C V R H R P L  
M R V R H V H S Z N E W M L T A N U Y K  
K A E A H P M P R C T I U H P O U I W K  
A T N I V Q R C T F F P N A Y U B T A M  
K E E N L S J T I O V S R T W U J S H K  
V S R B S T P L T O K P O J I E C M C R  
V W G O B S Z F F P T F A N S L E E P N  
B F Y W E N V B F F H W E L L B E I N G  
F F N A E H J E M I Z O X Q F S B Z G P  
J U V V F T N J K A F W Q F R O A X B A

Carbohydrates

Fruits

Movement

Sleep

Energy

Health

Protein

Vegetables

Fats

Hydration

Rainbow

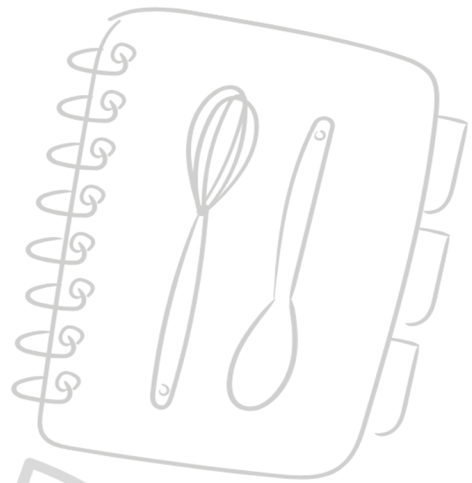
Wellbeing



## NUTRITION FOR WELLBEING FAVOURITES

Use these pages to jot down your favourite healthy foods or recipes or perhaps some foods you'd like to try...

Recipe  
book



# NUTRITION FOR WELLBEING FAVOURITES



Recipe  
book



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