

# Fuel your Mood

Ever been hangry? Poor food choices lead to energy slumps, low moods, and sleep difficulties. Food affects our mood—eat nutrient-rich meals for better mental health. Here's what to keep in mind:

## Choose the Right Carbohydrates

Our brains rely on glucose from carbohydrates for energy. Avoid refined carbs such as sugary drinks, juice, candies, biscuits, and chips, which can cause quick energy spikes followed by crashes.



Try



starting the day with wholegrains; have oats or a high fibre (3g + per serve) cereal for breakfast

including wholegrain breads, rice or pasta with lunch or whole grain crackers with snacks.



## Watch the Caffeine

Excessive intake can disrupt sleep and impair concentration.

Healthy adults can safely consume up to 400mg of caffeine per day, equivalent to 2 espressos, 4 instant coffees, or 8 cups of tea.



Try

avoiding caffeine 6-8 hours before you sleep.



herbal teas (e.g. chamomile or lemon grass and ginger) instead of coffee close to bedtime.

## Including omega 3's and healthy fats

Important for promoting brain health. Omega 3 can be found in fatty fish, seafood, flaxseeds, and walnuts.



Try

canned tuna or salmon.



a small handful of unsalted nuts (raw or dry roasted).

## Eat Protein Rich Foods

Foods such as fish, red meat, poultry, eggs, and legumes contain essential proteins. These proteins break down into amino acids in the body. Tryptophan, a crucial amino acid, boosts serotonin production in the brain. Serotonin, known as the 'happy hormone,' fosters feelings of calm and relaxation.

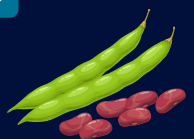
Try

adding eggs to your breakfast; hard boiled eggs, omelettes and frittatas can be made ahead and be reheated when you want to eat them.



adding lean chicken to your sandwich or salad at lunch.

adding legumes to curries and pastas



## Hydrate Regularly

70% of our brains are made up of water. Dehydration can lead to headaches, poor concentration, and a low mood.

