

Alert, Cheerful, Positive & Happy You

Water (aim for 2 ltrs)

Vitamins and Minerals from a wide variety of fresh fruit and vegetables

Amino Acids/Proteins from Eggs, Nuts, Fish, Poultry, Meat, Legumes,

Beans (aim to eat some of these 3 x day with each meal)

Essential Fats (fish oils, nuts, seeds, cold pressed oils)

Stable blood sugar levels (avoid white processed bread, rice, pasta, sugary foods, cakes, biscuits unless eaten with a meal containing protein)



Your nutritional status affects

- Mental Health (we need certain foods to make feel good hormones, feel calm & happy)
- Physical Health (energy levels, sleep quality)
- Behaviour (affects our moods and can make us feel aggressive, sad, anxious)
- IQ - low blood sugar affects concentration and ability to focus
- Overall Wellness and Happiness

Without good sleep we can't function!

Avoid stimulation such as TV, Facebook and screens before bedtime

Warm bath with Epsom Salts (*magnesium*)

Avoid sugar, caffeine and alcohol after 4pm

Eat regular small meals and ensure you are eating carbohydrates with evening meals for a better sleep, they have a sedative effect



Dieting affects thinking, mood, memory, reduces performance and creates low self esteem

Learn to understand more about healthy eating for life, vitality and

Iron

- Pale
- Tired
- Out of breath
- Headaches
- Concentration (ability to learn & remember)



Vitamin D 1,000 IU/day

- Stiffness and achy bones
- You've got the blues
- You are overweight
- Darker skin (10 x sun exposure needed)
- You sweat a lot! More than others
- You have gut problems



Magnesium

- Irritability and anxiety
- Difficulty getting to sleep or staying asleep
- Lethargy
- Loss of appetite
- Muscle cramps and spasms
- Facial or Eye twitches
- Times of hyperactivity



(75% people consume less than recommended RDA)

Dark green leafy veg, nuts and seeds, fish (mackerel, salmon, tuna, white fish), legumes (all variety of beans such as black eyed beans, kidney beans, white beans, chickpeas, lentils), avocado, bananas, dark chocolate

Calcium

- Muscle cramps
- Insomnia
- Weak and brittle nails
- Late onset of puberty



Tofu, seaweed, dried figs/apricots, almonds, sesame seeds, soya milk, supplements, tahini
2 – 3 portions dairy each day – glass of milk, small pot of yoghurt, small matchbox size piece of cheese

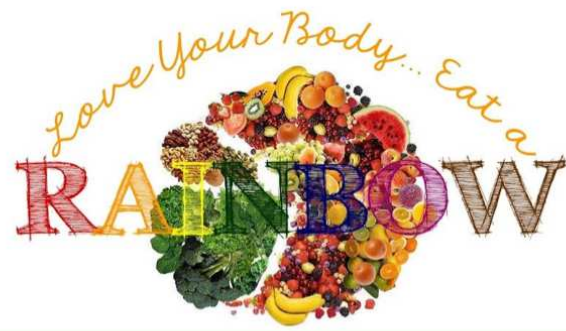
Diet Goals to keep you Healthy

- 2 ltrs water daily
- 2 pieces of fruit
- 5 fist sized portions of veg –
raw or cooked
- 1 dsp of unsalted nuts and seeds
- 1 dsp Extra virgin olive oil
- Calcium rich foods – e.g. cheese, yoghurt
- Protein with each meal
- Wholegrains – rice, pasta, bread or
crackers
- Green leafy veg
- 3 x Omega rich fish a week
- Iron rich foods at least 3-4 times a week



Brain Foods Tick Chart

- Fatty Fish x 2-3 week, Fish oil or Algae Capsules
- Blueberries & dark berries (smoothies)
- Free range Eggs – can be eaten daily
- Nuts & seeds – unsalted 1 dsp day mixed
- Dark Chocolate 70%
- Wholegrains
- Dark green leafy vegetables every day
- Water
- Green Tea



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



Foods to aid sleep

Tryptophan Rich Foods – Chicken, Turkey, Milk, Dairy, Nuts & Seeds plus Carbohydrates

Magnesium Rich Foods – Wholegrains, Seeds

Calcium Rich Foods – Dark Green Leafy Veg eg. Kale

B6 needed to make Melatonin – Bananas, Fish eg. Salmon and Tuna



Perfect Evening meal for a good sleep;

- $\frac{1}{4}$ or $\frac{1}{2}$ plate of carbs with evening meal with some protein (see above)

Pre bedtime snack;

- Warm Milk and Banana or W/G Toast & Marmite
- Yoghurt, nuts, seeds

