



# Why is healthy eating important?

01

The link between your digestive system and brain directly impacts your mood- the gut is often described as the body's second brain. A healthier digestive system is linked to improved wellbeing.

02

Spikes and drops in blood sugar levels are also directly linked to changes in mood. Restricting or binging foods can have negative effects on wellbeing.

03

Eating a diet including protein rich foods can help improve wellbeing as protein rich foods contain tryptophan which has been linked to increased mood.



### Eat More

Eggs  
Fish  
Shellfish  
Chicken  
Lean beef  
Duck  
Turkey  
Lean beef  
Bison  
Lean pork  
Wild game  
Reduced fat minces meat (less than 10%)  
Venison  
Tofu  
Cultured cottage cheese  
Plain greek yogurt

### Eat Some

Unaltered cottage cheese  
Medium-lean meats  
Canadian bacon  
Lamb  
Meat jerky  
Poultry sausage  
Minimally processed lean deli meat  
Protein powders  
Tempeh bacon  
Textured vegetable protein

### Eat Less

Fried meats  
Chicken fingers, nuggets and wings  
High-fat meat  
High-fat sausages  
Processed deli meats  
Protein bars  
Pepperoni sticks  
High-mercury fish

## Protein

- It helps to make many hormones within the body
- Helps to improve body composition (decrease body fat and gain/maintain muscle mass)
- Protein is the most satiating macro nutrient meaning you will feel fuller for longer
- Contains tryptophan which is a hormone that can boost serotonin production (this improves your mood and how you feel)



### Eat More

Beans and lentils  
Steel-cut, rolled and old-fashioned oats  
Buckwheat  
Quinoa  
Whole-grain, black and wild rice  
Sorghum  
Farro  
Millet  
Potatoes  
Plain non-greek yogurt  
Plain kefir  
Fresh and frozen fruit  
Corn  
Sweet potatoes  
Whole or sprouted grain bagels, breads, english muffins, pastas and wraps

### Eat Some

Couscous  
White rice  
Granola  
Instant or flavoured oats  
Milk  
Vegetable juices  
Flavoured yogurt  
Flavoured kefir  
Pancakes and waffles  
Whole-grain crackers  
Oat-based granola bars  
Canned, dried and pured unsweetened fruit  
Bean and pulse pasta  
White bagels, breads, english muffins, pastas and wraps

### Eat Less

Cereal bars  
Fruit juices  
Flavoured milk  
Honey, molasses, syrups and jellies  
Canned, dried and pured fruit with sugar  
Sweetened sports drinks  
Juice drinks  
Sweetened energy drinks  
Plant milks sweetened  
Crackers  
Pretzels  
Chips  
Fries  
Ice cream and frozen yoghurt  
Chocolate bars  
Donuts

## Carbohydrates

- These are the body's primary energy source and fuel your muscles during physical activity and exercise
- Carbohydrates also fuel your brain throughout the day enabling better concentration, mood and energy
- Complex carbohydrates (brown bread, pasta, rice, etc.) are sources of slow release energy meaning you are fuelled for longer with less dramatic changes in blood sugar levels



| Eat More  | Eat Some   | Eat Less  |
|---|--|---|
| Extra virgin olive oil<br>Walnut oil<br>Marinades and dressings with oils in this category<br>Avocado and avocado oil<br>Cheese ages >6 months<br>Egg yolks<br>Seeds: chia, flax, hemp, pumpkin, pepita and sesame<br>Cashews, pistachios, almonds, brazil and pecan nuts<br>Peanuts and natural peanut butter<br>Walnuts<br>Olives<br>Pesto made with extra virgin olive oil<br>Nut butters from other nuts in this category | Virgin and light olive oil<br>Expeller pressed canola oil<br>Sesame oil<br>Flassed oil<br>Coconut/oil milk<br>Peanut oil<br>Dark chocolate<br>Marinades and dressings with oils in this category<br>Fish and algae oil<br>Cream<br>Cheese aged <6 months<br>Flavoured nuts and nut butters | Butter<br>Margarine<br>Processed cheese<br>Corn oil<br>Cottonseed oil<br>Sunflower oil<br>Canola oil<br>Soybean oil<br>Safflower oil<br>Marinades and dressings with oils in this category<br>Vegetable oil<br>Eat-rich foods with 10+g added sugar<br>Hydrogenerated oils and trans fats |

## Healthy fats

- Healthy fats are essential for hormone signalling and vitamin absorptions
- They improve cholesterol levels and cardiovascular health
- Fats make fat-based tissues such as the brain, eyes, skin, nerves and cell membranes



| Drink More  | Drink Some   | Drink Less  |
|---|--|---|
| Still water<br>Sparkling water<br>Fruit infused water<br>Naturally flavoured water<br>Plain or herbal tea<br>Black coffee | Vegetable juice<br>Diet soft drink<br>Artificially sweetened water<br>Tea, lightly sweetened or with milk<br>Coffee, lightly sweetened or with milk<br>Protein shakes<br>Coconut water | Fruit juice<br>Soft drink<br>Energy drinks<br>Tea, heavily sweetened<br>Coffee, heavily sweetened<br>Fruit smoothies<br>Sports drinks |

## Hydration

- Hydration is essential for transporting nutrients and oxygen around the body which helps contribute to better mood and greater energy
- It aids the function of the digestive system, helps keep the skin healthy and lubricates joints
- It is recommended you drink 6-8 glasses a day

## Eat The Rainbow



Beets  
Tomatoes  
Red leaf  
lettuce  
Radicchio  
Rhubarb  
Radish  
Red peppers  
Red cabbage  
Red onions



Pumpkin  
Butternut  
squash  
Orange  
peppers  
Carrots  
Yellow  
carrots  
Yellow  
peppers  
Acorn squash  
Yellow beets  
Summer  
squash



Kale  
Chinese  
cabbage  
Arugula  
Green beans  
Brussel  
sprouts  
Celery  
Snap peas  
Cabbage  
Asparagus  
Broccoli  
Green  
peppers  
Romaine  
lettuce  
Collards  
Cucumbers  
Spinach  
Iceberg  
lettuce



Purple  
asparagus  
Aubergine  
Purple  
cabbage  
Purple  
carrots  
Purple  
peppers  
Rutabaga  
Purple  
cauliflower



Shallots  
Cauliflower  
Mushrooms  
Garlic  
Onions  
White carrot  
Jerusalem  
artichoke

## Fruit and vegetables

- These contain fibre which feed the 'good bacteria' in your gut
- They contain essential vitamins and mineral that help improve and maintain your energy levels
- Aim for at least 5 portions a day
- 1 portion = approx. 80g or the size of your fist
- It is recommended that you 'eat the rainbow' as they all contain different nutrients



## Any questions?

Visit our website for more information:



[www.vitahealthgroup.co.uk](http://www.vitahealthgroup.co.uk)