



IF YOU WOULD LIKE HELP ON EATING WELL



how to EAT WELL

- **START THE DAY OFF ON THE RIGHT FOOT AND HAVE BREAKFAST.** High carb breakfast cereals like muesli will kick start your metabolism and keep up energy levels until lunch.
- **ENJOY YOUR FOOD!** Plan and prepare what you eat. Take time over cooking and make an occasion of meal times. Eat with family or friends - set the table and switch off the TV.
- **5-A-DAY.** Try to eat 5 portions of fruit and/or vegetables per day. Swap a can of Coke for a glass of orange juice or a packet of crisps for a banana.
- **KEEP AN EYE ON YOUR CAFFEINE INTAKE.** Caffeine can give us a boost and make us feel more alert, however too much can leave us feeling panicky and anxious. Caffeine can be found in coffee, tea, energy drinks and some medicines.
- **EAT MORE OILY FISH.** Fish such as mackerel, sardines or salmon are a good source of protein and contain fatty acids called Omega-3, which can lift your mood.