

‘Maintaining a Healthy You’ during lockdown



#TimeToBrew

LWAW – Maintaining a Healthy You

To stay mentally and physically healthy we need to be aware of our diet.

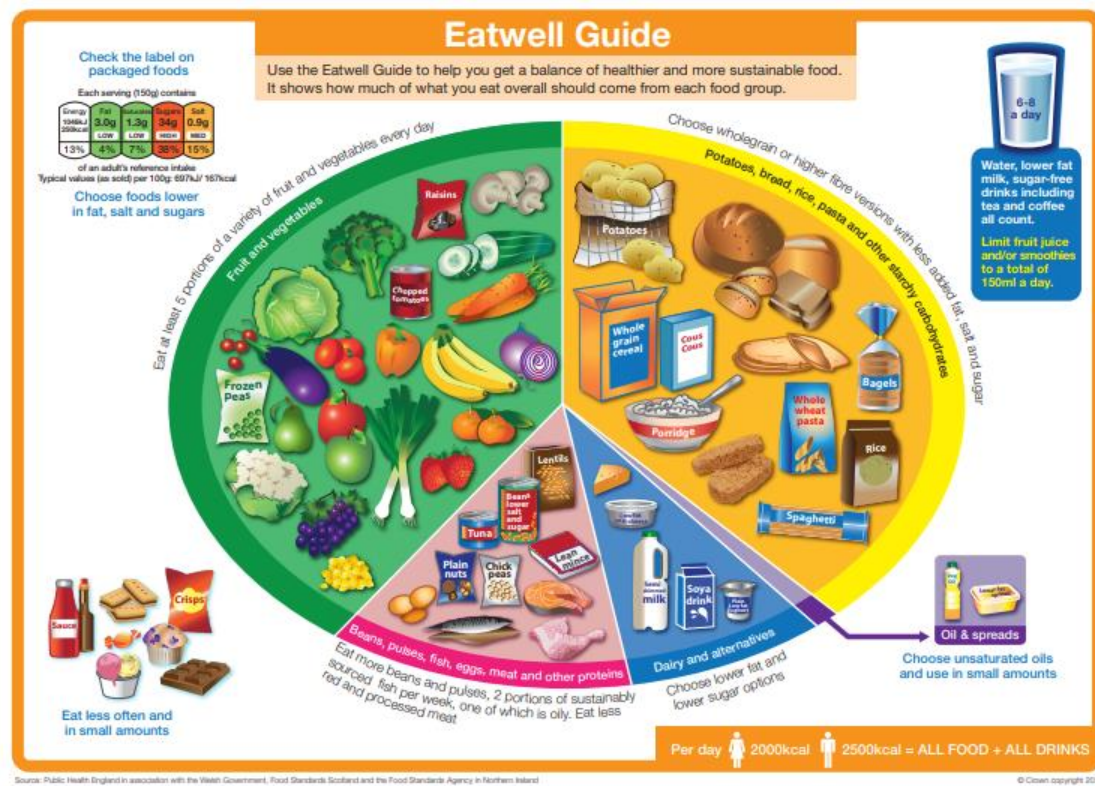


Image source: <https://www.gov.uk/government/publications/the-eatwell-guide>

There is a link between what we eat and how we feel – so eating the wrong foods can affect our moods!

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I feel:	Lack of	Eat More:
Lethargy, feeling weak and tired all the time – having difficulty concentrating	Iron	Red meat, fish poultry
Tiredness, low mood, irritability	B vitamins	Whole grain cereals, meat/fish eggs and diary
Low mood, lethargic, weakness, (particularly as we get older)	Folate	Liver, green vegetables, oranges and citrus fruits. Beans, marmite, all bran
Low mood in general, also mental fog, weakened immune system and fatigue	Selenium	Brazil nuts, meat, fish and wholemeal bread

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As Well as eating the right foods to avoid low moods you could also consider the following:

How Regularly do you eat?	If your blood sugar drops you can feel tired, irritable and depressed. Choose foods that release energy slowly and eat regularly.
Do you get your 5 a day?	As above you need to eat vegetables and fruit that contain the necessary vitamins and minerals that you need, lack of not only affects your mental health but your physical health too.
Do you keep yourself hydrated	De-hydration can cause lack of concentration, keep a water bottle with you and keep hydrated.
Are you eating the right fats?	Omega 3 and 6 are needed to keep your body well, foods such as oily fish avocados and brazil nuts contain healthy fats.
Are you having too much caffeine?	Too much caffeine can make you feel anxious and depressed – try slowly introducing camomile tea or decaffeinated coffee as an alternative, if your intake of caffeine is high then dropping quickly can cause headaches.

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Spice up your life!



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Making Eating interesting!

As well as enhancing the taste of our food we can also benefit health-wise using Herbs and spices:

Cinnamon - This tasty and versatile spice is said to help fight inflammation and has been shown to lower cholesterol and blood sugar levels.

Sage - Is said to improve brain function and memory

Turmeric - Contains curcumin which is said to be a remarkably powerful antioxidant and can help to slow the process of aging such as brain function.

Ginger - Appears to have strong anti-inflammatory properties and can help with pain management and nausea. Ginger also appears to have strong anti-inflammatory properties.

Rosemary - Can Help Prevent Allergies and Nasal Congestion

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Eating Healthy Challenge



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Starting this week:

Make a meal from scratch using herbs and spices

Eat at two one oily fish meals a week (alternatives are acceptable)

Create a healthy dessert using fresh or frozen fruits

Replace at least two snacks with nuts or fruit

Eat a healthy breakfast – i.e. using oats or homemade granola

Cut down on coffee and tea by at least 2 cups a day

Write down what you did on each day, it helps to look back and feel a sense of achievement

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY