

# WellNow!

Better health for everybody

## Session 4:

### Everyday eating

#### A healthy approach to nutrition science

Nutrition science helps us understand how foods and nutrients affect the body.

Remember, what's important is how it affects **YOU** - your body, and your enjoyment of food – so trying to eat more of something you don't like, or that causes you stomach pain isn't going to promote your wellbeing



#### Food and mood

##### 1) Steady blood sugar

Tune in and see what happens to your energy levels when you:

- eat regular meals
- include starchy food
- have a mix of food types ie: starch and protein and/or fat
- start to include more foods you enjoy such as vegetables, different beans, lentils, peas, corn, pasta, sweet potatoes and other slow release foods

A steady blood sugar may help with anxiety and depression, mood swings, food cravings, symptoms of PMS, fatigue, headaches, diabetes management and improved long term heart health.

##### 2. Healthy bowels

Eating a high fibre diet, and drinking enough water, will help prevent constipation. You'll feel better for being regular. High fibre foods include:

- Fruit and vegetables
- High fibre breakfast cereals, breads, grains, flours
- Lentils, beans, peas

Exercise and relaxation can also help keep your bowel movements regular and easy.

##### 3. Hydration

- Staying well hydrated has benefits for mood and concentration.
- It also benefits the skin, bowels and even the spine.

##### 4. Mood and Micronutrients

###### Omega 3

- Insufficient Omega 3 has been linked with depression.
- Western diets tend to low in omega 3.
- There also lots of other benefits, notably for heart health.

## Omega 3 and plant sources

- Oily fish
- Walnuts
- Pumpkin seeds
- Flaxseed (linseed)
- Rapeseed oil (canola)
- Sweet potato
- Columbus eggs, tofu
- Green leafy vegetables
- or supplements – 0.5g (DHA/EPA)/day healthy adult



## Understanding Fat

- Saturated fats (mainly animal products)
- Unsaturated fats (mainly plants, and fish)
  - Includes essential fatty acids
  - Trans fats – in processed foods are best avoided

We need dietary fats for nutrients and tastiness. As we start to include more vegetables, beans, salad, starchy foods, omega 3 foods and fruit in our meals we will favourably alter our overall diet and fat intake.

## Vitamins and minerals

- Iron – red meat, cereals, beans
- B vitamins – wholemeal bread, brown rice, breakfast cereals
- Vitamin D – oily fish, eggs, sunshine



## What else influences Food and Mood

- Allergies and intolerances
- Caffeine
- Chocolate
- Alcohol
- Vitamins and minerals
- Anxiety and trauma influence appetite and digestion
- General wellbeing – probiotics, flossing

## Oily fish – taking stock

To conserve stocks the Marine Conservation Society recommend:

- Line caught fish
- From small scale fisheries
- Avoid tuna (excluding Skipjack)
- Avoid Atlantic salmon (wild and farmed)
- In the UK, stick to fish from the British south-west

## Food is more than nutrients

Researchers found that orphan children living with a caring matron grew better than children living with a stern matron even when children living with the stern matron received more food.