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Tips for Wellbeing Series – No 12

Good Eating Habits

Eat your way to happiness and calm: how food can help your mood

Recent scientific research has shown that what you eat can affect how you are feeling. Your brain needs dopamine and serotonin to feel calm and happy: Omega-3 oils, folate, tryptophan, protein, Vitamin D and selenium are found in food and help to produce these happy and calming chemicals. Here are some foods can help to lift low mood, calm stress and anxiety and allow your brain to function at its best:

Fish/Seafood
Oily fish – salmon, mackerel, sardines, herring, mussels, trout
Other fish

Dairy food
Milk
Cheese
Yoghurt

Spices
Turmeric
Saffron
Pepper
Chilli

Drinks
Water
Coffee
Tea

Chocolate
Dark chocolate (small amounts)

Fresh fruit and vegetables
Green leafy foods like spinach, cabbage, kale, bok choy, broccoli
Potatoes, peas, lentils, avocados
Beetroot
Mushrooms
Baked or mashed potatoes
Other vegetables
Blueberries and blackberries
Bananas
Any fruit
Soy products, beans, legumes
Brown rice

Wholegrain cereals
Oats
Rye
Wholegrain bread

Lean meat
Chicken
Turkey
Pork
Beef and lamb

Nuts and Seeds
Peanuts/peanut butter
Sunflower, chia, flax seeds
Brazil nuts, Walnuts

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